

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

### Beet Crust Veggie Pizza

#### Ingredient List

- 1 Roasted beet (1/4 cup pureed)
- 1/2 Cup warm water
- 1 Teaspoon active dry yeast
- 1 1/2 Cups flour (might need an extra 1/4)
- 1 Tablespoon maple syrup
- 1/2 Teaspoon salt
- 3/4 Cup pesto
- 2 yellow squash, thinly sliced
- Grape tomatoes, halved
- 3/4 Cup parmesan cheese
- Fresh basil

#### Cooking Instructions

1. Preheat oven to 400 degrees. Drizzle beet with a little olive oil, wrap it in foil, place on baking sheet, and roast for 30-40 minutes. Open the foil and let beet cool.
2. Once your beet is cooled, cut it up in a few pieces and throw it in the food processor/blender to puree. You may need to add a little water to help with the blending.
3. Start making your dough. In a large bowl, add warm water and yeast. Let sit for 5 minutes until the yeast is activated.
4. Once activated, add in the pureed beet, maple syrup, salt and flour and mix with wooden spoon. Add in flour a half cup at a time until the dough comes together. Turn the dough onto a lightly floured surface and knead for a few minutes until the dough is smooth. Add more flour if too sticky.
5. Form dough into a ball and place in a bowl that is lightly sprayed with oil. Brush the top of the dough with oil and cover with a kitchen towel. Place in a warm spot for about an hour.
6. Preheat oven to 450 degrees. Once the dough has doubled in size, flour your workspace and roll out or stretch the dough to about 12 inches. Place on baking sheet lined with parchment paper.
7. Spread on pesto and top with veggies.
8. Place in oven and bake for 12-15 minutes or until the crust starts to slightly brown.
9. Top with parmesan and basil, slice and serve (leftovers will keep covered in fridge for up to 4 days).

### Yellow Squash Boats

#### Ingredient List

- 2 Yellow squash, cut lengthwise and hollowed out with a spoon
- 1/2 Apple, diced
- 1/2 Beet, diced
- 1/4 White onion, diced
- 1 Tablespoon brown sugar
- 1 Teaspoon salt
- 1 Teaspoon pepper
- 1 Tablespoon olive oil
- Bread crumbs or crushed up crackers (optional)

#### Cooking Instructions

1. Preheat your oven to 350 degrees.
2. Stir-fry the beets and 1 tablespoon of olive oil in pan on medium-low heat for 5 minutes.
3. Add the diced apple and onion and cook for another 5 minutes.
4. Chop the hollowed out parts of the squash and add to the pan. Add salt, pepper and brown sugar. Cook for an additional 5 minutes.
5. Lay out the squash halves on a greased baking sheet. Fill with the stir-fried mixture. Cook for 25 minutes or until soft.
6. (Optional) 10 minutes before the squash is done cooking, add bread crumbs/crackers on top for a crunchy texture.

What are some of your favorite ways to prepare the food in this week's bag?

Email Taylor at [taylor@feedinglaramievalley.org](mailto:taylor@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/shares-recipes](http://www.feedinglaramievalley.org/shares-recipes)