

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Marinated Peppers

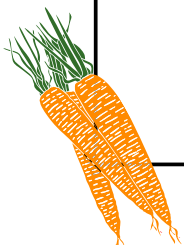
Ingredient List

- 5 red peppers (can mix with yellow or orange)
- 2 Tablespoons lemon juice
- 1/2 cup white wine vinegar
- 1 teaspoons honey, agave, or sugar
- 1/3 teaspoon of salt
- 1/3 teaspoon red pepper flakes
- 1/8 teaspoon black pepper

Cooking Instructions

1. Slice peppers into 1-1.5 inch lengthwise strips, discarding seeds and white inner parts. Place skin side up on a foil lined baking sheet. Place under broiler until skin is mostly blackened, about 10-12 minutes.
2. If you are canning your peppers, sterilize 2 half pint jars and lids in a pot of boiling water. If you are storing them in the fridge, wash your jars with hot soapy water.
3. Wrap the peppers tightly in the foil and let sit for 10 minutes. While peppers are steaming in the foil, bring all other ingredients to a boil and keep hot until ready to use. Unwrap foil and slide blackened skin off peppers.
4. Place peppers in jars, pour hot vinegar mixture over peppers until 1/2 inch from top. Put on lids and store in fridge for up to a month or process in canner for 30 minutes.

*Marinated peppers are good on salads or pizza, in sandwiches or pasta salad, as a garnish for dips or on a platter with meats, cheeses and olives.



Roasted Red Pepper and Squash Curry

Ingredient List

- 1 cup of butternut squash, peeled and cut
- 2 red bell peppers
- 2 garlic cloves
- 1 Tablespoon of olive oil
- 1/2 medium onion, chopped
- 1 medium tomato, chopped
- 1 Tablespoon of curry powder
- 1 cup of milk
- 2 cups of cooked chickpeas
- 1 cup of fresh spinach, finely chopped
- Pinch of cayenne pepper
- Salt, to taste

Cooking Instructions

1. In a small pot with water, cook butternut squash for 10-15 minutes or until tender. Set aside.
2. Set the oven to 465F. Place the 2 red peppers on a tray, and roast for 30-40 minutes. The edges should be browned.
3. After the peppers cool, remove the stem and seeds, and place into a food processor/blender with the cooked butternut squash and garlic. Pulse until smooth.
4. In a pot, sauté onions and tomato in olive oil for 1-2 minutes. Add curry to the mix, and then add in the milk.
5. Stir and slowly add in the pepper & butternut squash puree.
6. Add chickpeas, and cook for 15 minutes.
7. Finish off by adding salt to taste, cayenne pepper, and fresh spinach. Enjoy with brown rice, greens, or pita bread!

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

Email Taylor at taylor@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/shares-recipes