

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

### Vegetable Spring Rolls with Peanut Sauce

#### Ingredient List

##### Spring Rolls

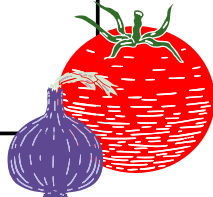
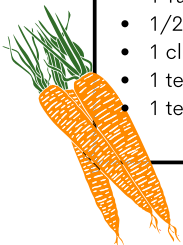
- 7 spring roll rice papers
- 1 yellow, green, or red pepper, seeded and sliced into thin strips
- 2 carrots, peeled and julienne cut
- 3 small watermelon radishes, sliced very thin
- 1 ripe mango, peeled and cut into small cubes
- 1 bag of mixed greens
- 8 ounces rice noodles, cooked
- Fresh herbs (basil, mint, and/or cilantro)

##### Peanut Sauce

- 1/2 cup peanut butter
- 1 Tablespoon soy sauce
- 1 Tablespoon brown sugar
- 1/2 medium lime, juiced
- 1 clove garlic, minced
- 1 teaspoon ginger, freshly grated
- 1 teaspoon chili paste or Sriracha

#### Cooking Instructions

1. Prepare rice noodles according to instructions on package.
2. Whisk together peanut sauce ingredients in a small bowl until smooth. If needed, add warm water one teaspoon at a time to reach desired consistency.
3. Prepare spring rolls. Soak one spring roll paper at a time in a shallow dish of very hot water until softened, about 10 seconds. Lift out, let excess water drip off and lay the wrappers on a clean, dry cutting board.
4. Layer 2 Tablespoons of rice noodles, a few slices of pepper, carrots, watermelon radishes, mango, a pinch of herbs, and a few pieces of mixed greens on the bottom third of the wrapper. Fold the wrapper over the filling and roll into a tight cylinder, folding in the sides as you go. Repeat with the remaining wrappers and fillings. Serve with peanut sauce for dipping.



### Watermelon Radish Salad

#### Ingredient List

- 1/4 cup olive oil
- 1/2 onion, finely diced
- 1 1/2 Tablespoons lemon juice
- 1 1/2 Tablespoons rice vinegar
- Salt and pepper, to taste
- 1 avocado, diced
- 1 bag of mixed greens
- 3 watermelon radishes, thinly sliced
- 1/4 cup fresh cilantro, chopped
- 1 Tablespoon olive oil

#### Cooking Instructions

1. Peel a small onion and finely dice it. Set aside.
2. In a small bowl, mix together olive oil, lemon juice and vinegar. Add diced onion, salt and pepper to taste. Gently stir in chopped avocado. Set aside.
3. Wash watermelon radishes and thinly slice. Set aside.
4. Wash and dry cilantro. Coarsely chop. Set aside.
5. Wash greens and spin dry then place in large salad bowl. Add radishes and cilantro. Toss and top with avocado vinaigrette. Adjust seasonings if necessary, by adding more lemon juice, salt or pepper. Serve fresh.

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)