

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

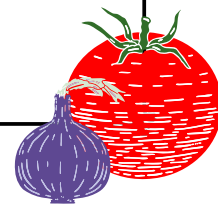
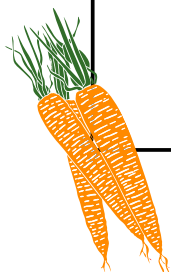
### Sugar Snap Pea Risotto

#### Ingredient List

- 1 1/2 cups sugar snap peas, trimmed and boiled for 3 minutes until tender, then drained
- 4 cups chicken or vegetable stock
- 2 tablespoons butter
- 1/2 medium onion, minced
- 1 cup arborio rice
- 1/4 cup water
- 1/2 tsp. of lemon juice
- 1/2 cup parmesan cheese

#### Cooking Instructions

1. Keep the chicken or vegetable broth on the stove over medium heat.
2. In a large pan, melt 1 tablespoon butter over medium heat and add the onion. Cook until onion is translucent, about 2 minutes.
3. Add the rice and then toast it a little bit until the grains are clear. Add the water and lemon juice, stirring constantly until all of it is absorbed, then begin adding the hot stock a ladleful at a time, stirring until the liquid is absorbed into the rice.
4. Continue adding the stock and stirring the risotto. Taste it after about fifteen minutes to see how it's doing. When it is still quite firm to the bite, but too much, add the peas and another ladleful of stock and let the peas cook stirring occasionally.
5. When that last bit of broth is absorbed, add the remaining butter, turn the heat off and add the parmesan. Season with pepper.



### Yellow Squash Tots

#### Ingredient List

- 3 yellow squashes
- 1 egg
- 4 oz grated cheese (about 1/2 cup)
- 3/4 cup breadcrumbs
- 1/2 medium onion, finely chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- Ground black pepper, to taste
- 2 tablespoons finely minced parsley leaves (optional)

#### Cooking Instructions

1. Preheat oven to 400F. Line a large baking sheet with parchment paper or grease it with olive oil.
2. Grate the squash. Add 1/2 teaspoon salt, and mix it together. Put the grated squash in a colander. Let sit while you prepare the rest of the ingredients.
3. Use your hands to squeeze all the extra liquid from the grated squash in the colander. You should have about 1 cup of liquid for every pound of squash you use. Discard the liquid.
4. Combine all the ingredients in a large bowl and mix well. The mixture will be sticky and wet, like a thick paste. If it is too wet, add extra breadcrumbs. Form small tots with your hands (about 1.5-2 tablespoons squash mixture per tot).
5. Arrange the tots on the baking sheet. Bake at 400F for 25 minutes, or until golden on top and lightly browned on the bottom. Allow to rest 5 minutes before removing. Serve with dipping sauce of choice.

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)