FEEDING
Laramie Valley

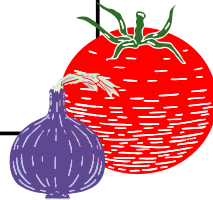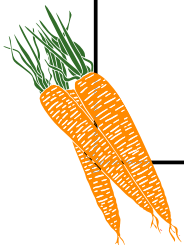## Recipe ideas based on this week's Shares bag

Salsa Verde

Ingredient List
- 1 pounds Tomatillos
- 1/2 cup chopped yellow onion
- 2 cloves of garlic
- 1/2 cup chopped cilantro
- 1 tablespoon Lime juice
- 2 Jalapeno Peppers, stemmed, seeded, and chopped (leave intact for more heat)
- Salt to Taste

Cooking Instructions
1. Remove the papery husk from tomatillos and rinse well with water.
2. Cut tomatillos in half, place cut side down on a foil-lined baking sheet, and place under the broiler for 5-7 minutes until the skins of tomatillos are slightly blackened.
3. Combine roasted tomatillos, chopped onion, garlic, cilantro, lime juice, and jalapeno peppers in a blender or food processor and pulse until all ingredients are finely chopped mixed.
4. Season to taste with salt and enjoy!

Roasted Beet and Broccoli Salad

Ingredient List
- 2 medium beets
- 4 cups of broccoli florets
- 2 cloves of garlic
- 1 tablespoon lemon juice
- 1 medium onion
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Cooking Instructions
1. Cut broccoli into small florets and place them in a medium-sized bowl.
2. Cube bets in 2-inch chunks and place into the bowl with the broccoli
3. Roughly chop garlic cloves and add to the bowl with one tablespoon of lemon juice.
4. Slice medium onion into 1/4/ inch strips and add to the bowl.
5. Add oil, salt, and pepper to the bowl.
6. Mix ingredients well. Place vegetables onto the baking sheet and spread them out evenly.
7. Heat the oven to 400 F.
8. Place baking sheet on the middle rack and let roast for 15 minutes. Once they have roasted for 15 minutes, mix the vegetables to make sure they cook evenly. Place in the oven for another 10 minutes
9. Remove the veggies from the oven and serve

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