

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

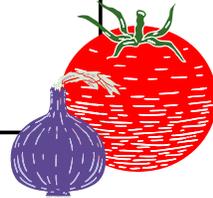
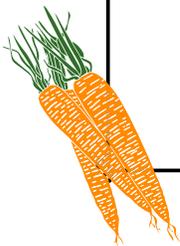
Artichoke and Spinach Stuffed Mushrooms

Ingredient List

- 2 Cups mushrooms
- 4 Ounces softened cream cheese
- 1/2 Cup grated parmesan
- Several large handfuls of spinach
- 1 Small jar of artichoke hearts, drained and finely chopped
- 2 Cloves garlic, minced
- 2 Tablespoons olive oil
- Salt and pepper, to taste

Cooking Instructions

1. Preheat oven to 425. Rinse spinach leaves, cook in small pan on stovetop, turning until wilted. Let cool, then drain and press with hand to remove excess moisture, chop finely.
2. Mix cream cheese, parmesan, spinach, artichoke, and garlic to make filling. Add salt and pepper to taste.
3. Pop out the stems of the mushrooms. Take a spoonful of the mixture and gently press the mixture into the mushroom to fill.
4. In a baking dish, drizzle olive oil, salt and pepper. Set mushrooms filling side up in the baking dish. Bake for 35-40 minutes. Serve as is or on mixed greens with balsamic vinaigrette. If there is leftover filling, warm and serve with bread, crackers or raw vegetables.



Spinach, Pepper and Mushroom Sauté

Ingredient List

- 1 Tablespoon oil
- 1 Cup onion, sliced
- 2 Garlic cloves, minced (or 1 tsp garlic powder)
- 2 Cups mushrooms, sliced
- 1 Bell pepper, cut into strips (smaller if desired)
- 4 Cups spinach
- ¼ Teaspoon red pepper flakes (optional)
- 1 lemon, cut into wedges (optional)
- Salt & pepper, to taste

Cooking Instructions

1. In a large skillet, heat oil on medium heat.
2. While waiting for pan to heat, prep veggies.
3. Add onions to warmed skillet. Cook for about two minutes, stirring occasionally.
4. If using minced garlic, add to the onion and cook for another minute.
5. Add mushrooms and seasonings, cook for about eight minutes. Cook until mushrooms are soft and onions begin to caramelize.
6. Add peppers, cook another 3-4 minutes.
7. Stir in spinach. This cooks fast, so keep an eye on it (1-2 minutes)
8. Squeeze lemon over top and enjoy!

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