

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Apple Zucchini Bread

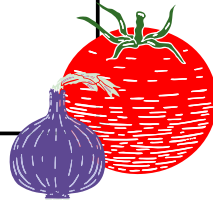
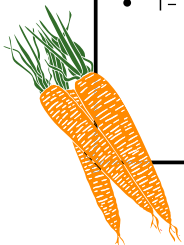
Ingredient List

- 4 cups all-purpose flour
- 1 tablespoon baking soda
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 5 large eggs, room temperature
- 1-1/2 cups vegetable oil
- 2 cups sugar
- 1 cup packed brown sugar
- 1 Tablespoon vanilla extract
- 2 cups zucchini, shredded
- 1 cup apples, peeled and shredded
- 1-1/2 cups chopped pecans (optional)

Cooking Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, combine flour, baking soda, cinnamon, nutmeg and salt.
3. In another bowl, beat eggs. Add oil, sugars and vanilla.
4. Pour wet ingredients over dry ingredients; mix well. Stir in zucchini, apples and pecans. The batter should be stiff.
5. Spoon batter into 3 greased 8x4 loaf pans. Bake until a toothpick inserted in the center comes out clean, around 50-55 minutes. Cool in pans for 10 minutes before removing to cool completely.

*Tip: This recipe also works great for making muffins! To make muffins, simply pour batter into greased or lined muffin pans and then bake for 20-25 minutes.



Quinoa Stuffed Roasted Sweet Potatoes

Ingredient List

- 2 medium sized sweet potatoes
- 6 cups of leafy greens, roughly chopped
- 1 clove of garlic, minced
- 1 Tablespoon olive oil
- 1 1/2 cups of quinoa, cooked
- 1/4 cup of pecan pieces (optional)
- 1/4 cup dried cranberries (optional)
- 1 to 2 ounces of feta cheese, crumbled
- Pinch of salt and pepper

Cooking Instructions

1. Preheat oven to 400 degrees. Slice potatoes in half length wise. Coat them with a little olive oil and place face down on a parchment lined baking sheet. Roast for 30 to 40 minutes until soft.
2. While potatoes are roasting, prepare 1/2 cup dry quinoa as per the package instructions. Cook quinoa in vegetable broth or add a 1/2 a bouillon cube for extra flavor.
3. Add olive oil to a large sauté pan and heat over medium heat. Add garlic and leafy greens and cook until wilted.
4. Stir cooked quinoa, pecans, cranberries, black pepper and salt into spinach mixture. Gently toss feta in.
5. When sweet potatoes are ready, remove from the oven and let cool slightly so they are easy to handle. With a small spoon, gently press down on the center of the sweet potatoes to create a small indentation that is the length of the sweet potato.
6. Spoon quinoa and spinach mixture evenly over sweet potatoes 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