

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

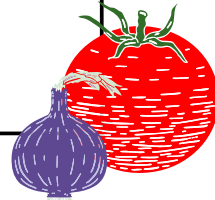
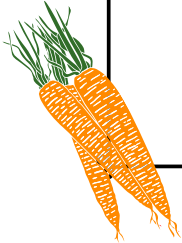
Beet and Apple Salad

Ingredient List

- 3 Beets
- 1 Apple
- 3 Cups chopped romaine Lettuce
- ½ Cup of olive oil
- 2.5 Tablespoons vinegar- can use white wine vinegar, apple cider vinegar, balsamic vinegar
- Salt and pepper
- Walnuts (optional)

Cooking Instructions

1. Preheat oven to 375°F. Rub beets with olive oil. Place each oiled beet on a sheet of foil. Season with salt and pepper. Gather foil around each beet and crimp ends to seal tightly.
2. Roast beets until completely soft - check by poking the beet with a fork, about 45 minutes.
3. When done, peel beets with a vegetable peeler or pull the skin off with your fingers.
4. Half beets then cut into slices. Quarter, core and thinly slice the apples.
5. Place the oil, vinegar, salt, and pepper (to taste) in a glass jar. Tighten the lid and shake vigorously for about 10 seconds or until fully combined.
6. Combine Romaine, beets, and apples (add walnuts if using and toss with salad dressing to taste).



Shredded Beet and Horseradish Salad

Ingredient List

- 2 Beets
- 1 Apple
- 1 Red onion
- 1 Garlic clove
- 1 Tablespoon horseradish
- 1 Lemon
- 1 Tablespoon olive oil
- Pinch of salt and pepper
- 2.5 Tablespoons pine nuts (optional)
- Handful of parsley (optional)

Cooking Instructions

1. Scrub the beets clean, peel and coarsely grate them into a large bowl.
2. Cut the apple into quarters and slice out the core. Coarsely grate the apple (including the skin). Peel the onion and thinly slice it. Stir the apple and onion into the beets.
3. Peel and crush or finely chop the garlic clove. Add into a small bowl. Add the horseradish relish with the juice from the lemon, oil and a generous pinch of salt and pepper. Stir together.
4. Optional: Bring a dry frying pan to a medium-high heat. Scatter in the pine nuts and fry for 2-3 mins, stirring frequently, until golden brown all over. Mix the toasted nuts into the beetroot salad.
5. Finely chop the parsley and add to the beetroot salad. Pour in the horseradish and lemon dressing and stir well to mix.

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