

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Potato Salad with Radishes, Sugar Snap Peas and Lemon Vinaigrette

Ingredient List

- 1 ½ pounds baby potatoes, scrubbed
- Fine sea salt
- 2 tablespoons lemon juice (about 1 lemon)
- 1 teaspoon brown or Dijon mustard
- 1 large garlic clove, crushed
- Coarsely ground black pepper, to taste
- 2 tablespoons extra virgin olive oil
- 1 small bunch radishes, sliced paper-thin
- 2 cups sugar snap peas, strings removed & diagonally sliced into ½-inch pieces
- 2 tablespoons minced parsley
- 2 tablespoons drained capers (optional)

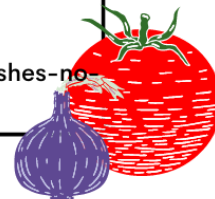
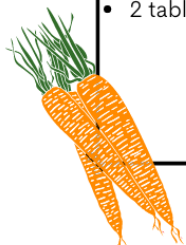
Cooking Instructions

1. Halve the small potatoes and quarter the larger ones to create approximately 1-inch pieces. Place in a large pot, add enough water to cover the potatoes by about 2 inches, and season generously with salt. Cover tightly with a lid and bring to a boil. Then reduce the heat to low and simmer with the lid ajar until the potatoes are fork-tender, about 15 minutes.
2. Meanwhile, make the vinaigrette. In a small bowl, combine the lemon juice, mustard, garlic, pepper, and ¼ teaspoon salt, and whisk to combine. While continually whisking, gradually stream in the olive oil.
3. Drain the potatoes, return to the pot, and let stand for 5 to 10 minutes to cool.
4. In a large mixing bowl, combine the radishes, peas, parsley, capers, the still-warm potatoes, and the vinaigrette. Toss to combine. Taste and adjust the seasonings, if needed. Serve immediately.

Prep Time: 15 mins

Cook Time: 25 mins

Full recipe at: <https://thenewbaguette.com/potato-salad-with-radishes-no-mayo/>



Golden Beet Salsa

Ingredient List

- 4 golden beets, cleaned and stewed until tender, then peeled and diced
- ½ cup green pepper, diced
- 1 red crisp sweet apple, diced (leave on peel).
- ¼ cup flat parsley, chopped
- 2 Tbl. Fresh mint, chopped
- ½ cup golden raisins (optional)
- 1 tsp. sugar
- 1 tsp. ground cumin
- ½ tsp. ground coriander
- ½ tsp. red chili flakes
- ½ tsp. coarse ground pepper
- ½ tsp. sea salt
- ¼ tsp. ground cinnamon
- ¼ tsp. allspice
- 2 Tbl. Extra virgin olive oil
- 1 lemon, juice

Cooking Instructions

- In a mixing bowl, combine the diced beets, green peppers, apples, parsley, and mint and toss them together. Add raisins if you would like a tad bit more sweetness.
- In another small bowl, combine the sugar, cumin, coriander, red chili flakes, pepper, olive oil, and juice of the lemon and blend well.
- Drizzle over the beet mixture, toss and blend well, refrigerate about 30 minutes before serving.
- Serve as a side to seafood or pork or even toss with garbanzo beans for a protein-packed summer salad!

How to cook beets for salads?

Our three favorite ways of cooking beets are steaming and roasting! **Steaming** beets is the best way to cook to retain more of their nutrition and is the easiest way. For larger beets, slice them in halves or quarters. Fill the bottom of your steamer with about 2 to 3 inches of water. Bring water to a boil. Add the beets. Then cover and let them steam for about 15 minutes. For **roasting**, 20 to 25 minutes gets the skins soft enough to peel off more easily. Just cut them up. Put on a parchment paper-lined cookie sheet. Roast in a 400-degree oven.

full recipe: <https://allyskitchen.com/golden-beet-salsa/>