

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

### Cornbread with Apples and Onions

#### Ingredient List

- 4 Tbsp. butter or oil, divided
- 1 medium onion, thinly sliced
- 1 tsp. salt
- Pepper
- 2 medium apples, thinly sliced
- 3 Tbsp. sugar, divided
- 3 tsp. fresh thyme (optional or sub for dried thyme)
- 1 1/2 cups cornmeal
- 1 cup AP flour
- 1 Tbsp. baking powder
- 2 large eggs
- 1 1/2 cups buttermilk (or other milk substitute)

#### Cooking Instructions

1. Preheat the oven to 400°F.
2. Melt 2 Tbsp. butter or oil in a cast-iron or other heavy skillet over medium-high heat.
3. Add onion to skillet, season with salt and pepper, and cook until onion is softened and beginning to brown, about 4 minutes.
4. Add apples, 1 Tbsp. sugar, 2 tsp. thyme, and cook, stirring often, until apples are softened, about 4 minutes.
5. Transfer mixture to a bowl and reserve skillet.
6. Whisk cornmeal, flour, baking powder, 1 tsp. salt, and remaining 2 Tbsp. sugar in a large bowl.
7. Whisk in eggs, buttermilk, and 2 Tbsp. butter until batter is smooth.
8. Stir in half of the onion mixture, then scrape the batter into the reserved skillet.
9. Top with remaining onion mixture and remaining 1 tsp. thyme.
10. Bake cornbread until golden brown, about 30–40 minutes.
11. Let cool slightly before serving.

### Broccoli Salad with Peanut Dressing

#### Ingredient List

- 1 head of broccoli, cut into bite sized pieces
- 1 cucumber, thinly sliced
- Cilantro (optional)

For the dressing:

- 1/4 cup peanut butter
- 2 Tbsp. rice vinegar (can sub any other vinegar)
- 1 Tbsp. soy sauce
- 1 tsp. sugar
- 1 tsp. sesame oil (can sub other oil)
- 1 1/2 inch piece of ginger, grated
- Salt and pepper

#### Cooking Instructions

1. Whisk peanut butter, vinegar, soy sauce, sugar, oil, ginger, and 2 Tbsp. water in a medium bowl until smooth.
2. Season with salt and pepper to taste.
3. Toss dressing with broccoli and cucumber.
4. Top with cilantro and serve!

Both recipes inspired by <https://www.bonappetit.com/>

What are some of your favorite ways to prepare the food in this week's bag?

Email Hanna at [hanna@feedinglaramievalley.org](mailto:hanna@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/sharerecipeproject](http://www.feedinglaramievalley.org/sharerecipeproject)