

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

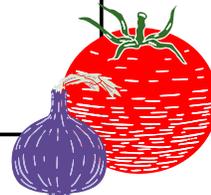
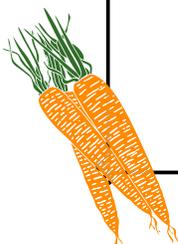
Lentil, Red Onion and Avocado Salad

Ingredient List

- 4 Tablespoons olive oil, divided
- 2 red onions, chopped
- 3 carrots, peeled and chopped
- 3 stalks celery, chopped
- Salt and pepper, to taste
- 4 cups cooked lentils
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon honey or maple syrup
- Finely grated zest and juice of 1 lemon
- 2 avocados
- ¼ cup fresh parsley, chopped (optional)

Cooking Instructions

1. Cook 2 cups of lentils according to package. Drain and set aside to cool.
2. Heat 1 Tablespoon of oil in a large skillet over medium heat. Add the onion, carrot and celery, then season with salt and pepper, and sauté for 4 to 5 minutes until the vegetables are just barely tender. Turn the mixture into a large bowl, and add the lentils.
3. While the vegetables are cooking, in a small bowl or a container with a lid, combine the remaining olive oil, vinegar, honey or maple syrup, lemon juice and zest, and salt and pepper. Stir or shake well. Pour the dressing over the lentil mixture and toss to combine.
4. Peel and dice the avocados. Add the avocado and parsley to the salad and toss gently to combine. Serve at room temperature over your favorite leafy greens.



Yellow Squash and Tomato Gratin

Ingredient List

- 3-4 large tomatoes, thinly sliced
- 1 cup ricotta cheese
- 1 large egg, beaten
- ¾ cup grated parmesan cheese, divided
- ¼ cup olive oil, divided
- 3 medium yellow squash, thinly sliced
- Salt and pepper, to taste
- 15-20 whole basil leaves, torn if large
- 4 cloves garlic, chopped (or 1 teaspoon garlic powder)
- ½ cup fresh bread crumbs
- Chopped fresh parsley, for garnish (optional)

Cooking Instructions

1. Place the tomatoes on paper towels and sprinkle with 1 teaspoon salt. Let stand 15 minutes. Flip and repeat for another 15 minutes, then dry the top side of the tomatoes with paper towels of any remaining moisture.
2. Combine ricotta with egg and ¼ cup parmesan cheese. Set aside and preheat oven to 400 degrees.
3. Brush a baking dish with 1 tablespoon of the olive oil. Place ⅓ of the yellow squash slices in the bottom of the baking dish. Sprinkle with salt and black pepper, to taste. Top with ⅓ of the basil leaves, ½ of the garlic and ½ of the tomatoes. Sprinkle with 2 tablespoons parmesan cheese and half of the ricotta mixture. Top with several more basil leaves.
4. Repeat layer: ⅓ yellow squash, salt and black pepper, basil, garlic, remaining tomatoes, 2 tablespoons parmesan cheese, remaining ricotta and a few more basil leaves.
5. Finish with the final layer of yellow squash and remaining parmesan cheese. Top with breadcrumbs and drizzle with remaining olive oil.
6. Bake for 30-40 minutes until you can easily pierce the yellow squash with a fork.

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