

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

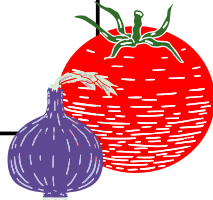
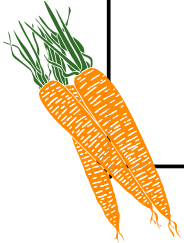
Claremont Salad

Ingredient List

- 1 Medium head cabbage, shredded
- 2 Cucumbers, thinly sliced
- 3 Carrots, thinly sliced
- 1 Onion, thinly sliced
- ¾ Cup distilled white vinegar
- ¾ Cup sugar
- ½ Cup vegetable oil
- 4 Tablespoons water
- 3 Teaspoons salt

Cooking Instructions

1. Combine the cabbage, cucumbers, carrots and onion in a large bowl.
2. In a small bowl, whisk together the vinegar, sugar, oil, water and salt. Pour over the cabbage mixture, toss to coat and refrigerate for at least 12 hours. Drain excess liquid before serving.



Quick Pickled Cabbage

Ingredient List

- 1 Small red cabbage
- 2 Cups apple cider vinegar
- 1 Teaspoon ginger
- 1 Teaspoon mustard seed
- 1 clove garlic, peeled
- 1/2 jalapeño, sliced and seeded (optional)
- 1 Tablespoon sugar
- 1 Tablespoon salt

Cooking Instructions

1. Using a large sharp knife or a mandoline, slice the cabbage into thin shreds. Place in glass jar with ginger, mustard seed, garlic clove, and jalapeño.
2. Heat the vinegar, sugar, and salt in a saucepan until boiling.
3. After the vinegar is boiling, gently pour over the cabbage and spices. Let cool for 10 minutes.
4. Place lid on jar and refrigerate up to 2 weeks. Cover and keep in your fridge for up to two weeks.
5. Enjoy as a taco or burger topping, or side.

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