

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

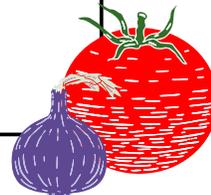
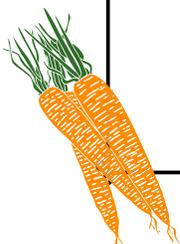
Cabbage Stir Fry

Ingredient List

- 2 teaspoons oil
- 1 cup celery, washed and sliced
- 1 cup onion, chopped
- 3 cups cabbage, chopped or shredded
- 1 small green pepper, seeded and chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 medium tomato, chopped

Cooking Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Add celery and onion, cook 4-7 minutes until soft.
3. Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often.
4. Add the tomato and serve immediately.



Caramelized Pear Salad

Ingredient List

For Salad:

- 2 teaspoons olive oil
- 2 medium pears, quartered, cored and cut into wedges
- 1 Tablespoon brown sugar
- 3 celery stalks, thinly sliced
- ¼ small red cabbage, shredded
- ½ small red onion, thinly sliced
- ¼ cup flaked almonds, toasted (optional)
- 3 cups baby spinach

For Dressing:

- ¼ cup apple cider vinegar
- 2 Tablespoon olive oil
- 1 teaspoon mustard

Cooking Instructions

1. Heat oil in large pan over medium-high heat. Cook pear wedges, turning frequently for about five minutes or until they begin to soften.
2. Add brown sugar. Simmer pears in brown sugar for about 4 minutes, turning pears occasionally until they are caramelized.
3. Remove from heat and allow to cool for 15 minutes.
4. Add vinegar, oil and mustard and salt & pepper to taste into a jar with a tight lid. Shake well to mix.
5. Place celery, cabbage, onion, almonds (if using), and spinach in a bowl.
6. Add pear and pan juices to salad.
7. Drizzle with dressing, toss to combine, and serve.

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