

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Grilled Pears with Cinnamon Drizzle

Ingredient List

- 3 ripe pears
- 2 Tbsp. honey
- 1 Tbsp. cinnamon
- 1/4 cup chopped pecans
- Coconut oil
- Salt

Cooking Instructions

1. Turn on grill to low and preheat to between 350-400 degrees F. A grill pan will also work if you don't have a grill.
2. Cut pears in half, removing any visible seeds and leaving the stems.
3. Brush pears with coconut oil, sprinkle with salt and place on grill, flesh side down.
4. Cover pears, and grill for about 15 minutes, or until pears have softened and there is a grill mark.
5. Turn pears on an angle so that the grill marks create a criss cross pattern, and cook for an additional 10-15 minutes.
6. In a small bowl, combine honey and cinnamon and mix well.
7. Let pears rest after cooking until they are warm, but not hot.
8. Drizzle cinnamon honey over pears and top with chopped pecans. Sprinkle with salt and serve.

Parmesan Zucchini and Tomato Gratin

Ingredient List

- 1 zucchini, thinly sliced
- 3 medium tomatoes, thinly sliced (or 1/2 cup of grape tomatoes, halved)
- Olive oil or other neutral oil
- 1/2 medium onion, chopped
- 1 clove garlic, chopped
- 1/4 cup shredded Parmesan cheese
- Oregano, to taste
- Salt and Pepper, to taste

Cooking Instructions

1. Preheat oven to 350 degrees F.
2. Heat a pan on the stove over medium heat.
3. Add about a teaspoon of oil to the pan, then add the onions and saute until translucent.
4. Add garlic and saute for another 30 seconds.
5. Transfer 1/3 of this mixture to the bottom of a medium tart or casserole dish.
6. Layer and alternate the tomatoes and zucchini in a circle until the dish is filled.
7. Top with remaining onion/garlic mixture.
8. Drizzle with olive oil and sprinkle with salt, pepper, and oregano.
9. Top with parmesan.
10. Bake the gratin in the oven for about 30 minutes, or until lightly browned.

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

Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/sharerecipeproject