

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Tangy Pear Salad

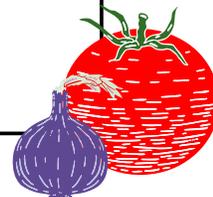
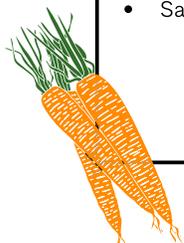
Ingredient List

- 4-6 cup mixed greens (anything you have on hand), roughly chopped or torn
- 2 pears—peel, core, and slice thinly
- 1/3 cup carrots, peeled and grated
- 1/3 cup raisins (optional)
- ¼ can thinly sliced green onions
- 4 Tbsp olive oil (vegetable oil will work)
- 2 Tbsp red wine vinegar (Apple Cider Vinegar will work, too)
- 1 tsp sugar (optional)
- 1 tsp lime juice
- Salt and pepper to taste

Great for a simple side or main dish with beans or an animal-based protein. Takes less than 30 minutes to make!

Cooking Instructions

1. Toss greens, pears, carrots, raisins, and onions together in a large bowl.
2. In a smaller bowl, make the dressing: combine oil, vinegar, sugar, lime juice, salt & pepper.
3. Pour dressing over salad, toss and serve.



Garlic Herb Roasted Potatoes, Carrots and Zucchini

Ingredient List

- 1 1/4 lb baby potatoes, halved
- 1 lb medium carrots, scrubbed clean, cut into 2-inch pieces
- 3 tablespoon olive oil, divided
- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh rosemary
- Salt and freshly ground black pepper
- 12 oz. zucchini, trimmed and cut into 1-inch pieces
- 4 cloves garlic, minced

Cooking Instructions

To make the Garlic Herb Roasted Potatoes Carrots and Zucchini:

1. Preheat your oven to 400°F (200°C) and set a rack to the middle
2. In a large bowl, toss together potatoes carrots with 2 1/2 tablespoons olive oil, thyme, rosemary, and season with salt and pepper to taste. Spread onto a rimmed baking sheet—Roast in the preheated oven for 20 minutes.
3. Toss zucchini in a bowl with
4. the remaining 1/2 tablespoon olive oil and season lightly with salt. Add to the baking sheet with other potatoes and carrots. Add minced garlic and toss everything, and spread into an even layer.
5. Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer.

What are some of your favorite ways to prepare the food in this week's bag?
Email Sarah at Sarah@feedinglaramievalley.org to volunteer and share your recipes or visit
www.feedinglaramievalley.org/shares-recipes