

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

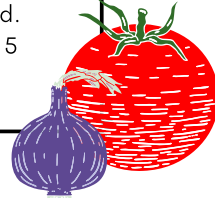
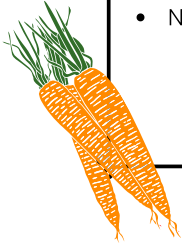
Balsamic Roasted Green Vegetables

Ingredient List

- 2 Cups green beans cut into 2 inch pieces
- 1 Cup broccoli florets
- 1 Cup mushrooms, halved (optional)
- 1 Onion, coarsely chopped
- 4 Garlic cloves, thinly sliced
- 3 Tablespoons olive oil
- 1 ½ Tablespoons balsamic vinegar
- 1 Tablespoon honey
- 1 Orange, halved
- ¼ Cup grated parmesan cheese (optional)
- 3 tablespoons basil, thinly sliced (optional)
- Salt and pepper
- Nonstick cooking spray

Cooking Instructions

1. Preheat oven to 425°F. Spray a large, rimmed baking sheet, or 2 smaller ones, with non-stick cooking spray.
2. Place green beans, broccoli, mushrooms, onion and garlic in a large bowl.
3. In a small bowl, whisk together the olive oil, vinegar, and honey. Pour mixture over vegetables and toss to coat.
4. Spread vegetables on prepared pan(s). Season with salt and pepper. Place orange halves on the pan.
5. Roast 20-22 minutes in oven until vegetables are softened and caramelized, stirring once halfway through. When cool enough to handle, squeeze the orange slices over the roasted vegetables.
6. Sprinkle with parmesan cheese and basil (optional). Stir gently to combine. Season to taste with salt and pepper.
7. Transfer to platter or bowl and serve. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm at 350°F for 10-15 minutes.)



Blooming Onion and Green Bean Fries

Ingredient List

- 1 Onion, with the top end cut off and the first layer peeled off
- 2 Cups of green beans, with the ends trimmed off
- 3 Eggs, whisked in a bowl
- 1 ½ Cups bread crumbs
- 1 Teaspoon garlic powder
- 1 Teaspoon salt
- 2 Teaspoons paprika

Cooking Instructions

1. Preheat the oven to 400 degrees F.
2. Cut the onion from the top part into eighths, making sure to not cut all the way to the root. Fan out the onion so the pieces are separated, but still attached at the root.
3. Mix bread crumbs, garlic powder, salt and paprika in a bowl. Whisk eggs in a separate bowl.
4. Dip onion into egg mixture, then dredge in bread crumb mixture. Use a spoon to help coat the entire onion with bread crumbs.
5. Put the onion on a baking sheet and bake for 5 minutes.
6. While the onion is baking, dip the green beans in the egg mixture, and then dredge those in the bread crumb mixture.
7. After 5 minutes, put the green beans on the baking sheet with the blooming onion and bake together for another 10 minutes, until brown and crispy.

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