

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

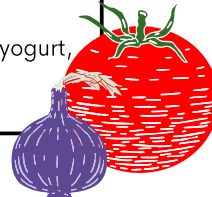
Spinach and Garlic Potato Patties

Ingredient List

- 4 medium-sized potatoes, boiled, peeled and quartered
- 1/4 cup milk
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 cup spinach
- 3 garlic cloves, minced
- Salt and fresh ground pepper, to taste
- 1 cup shredded parmesan cheese
- 2 tablespoons lemon juice
- 1 egg, lightly beaten
- 2 cups bread crumbs
- 1/4 cup olive oil, for frying (add more as needed)
- Choice of sauce

Cooking Instructions

1. Combine prepared potatoes and milk in a large bowl. Mash the potatoes until smooth and creamy. Set aside.
2. Heat 1 tablespoon butter and 1 tablespoon olive oil in a large skillet over medium heat.
3. Add chopped onions and cook for 2 to 3 minutes, stirring occasionally, until translucent.
4. Add spinach and garlic to skillet; season with salt and pepper and continue to cook for 2 more minutes, or until spinach is wilted.
5. Remove from heat and add spinach mixture to the potatoes.
6. Stir in cheese and lemon juice.
7. Add egg and bread crumbs; stir until thoroughly combined and smooth.
8. Shape the mixture into patties.
9. Heat olive oil in a large skillet. Working in batches, fry each patty on both sides until golden brown; about 3 to 4 minutes per side.
10. Transfer potato patties to a paper towel-lined plate. Serve with yogurt, sour cream, soy sauce, etc.



Veggie Packed Breakfast Hash

Ingredient List

- 3 potatoes, peeled and cut into 1/2 inch pieces
- 3/4 pound breakfast sausage (optional)
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 4 handfuls of chopped spinach leaves
- Eggs (1-2 per person)
- Salt and pepper, to taste
- Olive oil

Cooking Instructions

1. Preheat oven to 425 degrees.
2. Place potatoes in a bowl and drizzle with olive oil. Toss to ensure even coating. Sprinkle with salt and pepper and toss again.
3. Spray a baking sheet with cooking spray. Spread potatoes on the sheet.
4. Roast potatoes roughly 30-40 minutes until they are tender when stabbed with a fork. Roast a bit longer for a crispy edge.
5. (Optional) When potatoes are almost done, cook and crumble the sausage in a large skillet. Move cooked sausage to a bowl and cover to keep warm.
6. Add onion and pepper to the skillet and season with salt and pepper. (If you are not using sausage, you will need to add oil or butter to skillet first to prevent sticking.)
7. Remove from heat and add spinach to the skillet. Toss for a minute or two to wilt. Move to bowl with onion and pepper.
8. Cook eggs in skillet as desired.
9. Stir veggies, sausage together and potatoes together in serving dish. Top with eggs 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