

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

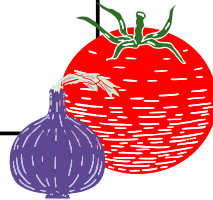
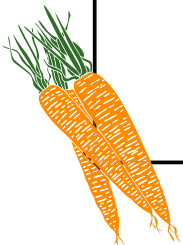
Braised Turnips and Greens

Ingredient List

- 6 small turnips
- 2 cups leafy greens
- 1 Tablespoon olive oil
- 1 cup vegetable stock
- 1 Tablespoon apple cider vinegar
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons butter
- 1 teaspoon honey

Cooking Instructions

1. Trim and peel turnips, then cut them into halves.
2. Heat olive oil in a large skillet over medium-high. Add turnips and cook 4 minutes or until golden. Turn over turnips and then add vegetable stock, vinegar, salt, and pepper.
3. Bring to a boil then cover and reduce heat to medium-low. Simmer until turnips are crisp-tender, 5 to 6 minutes.
4. Uncover, increase heat to medium-high, and add leafy greens. Cook until liquid reduces by three-fourths and thickens, about 6 minutes. Swirl in butter and honey.



One-pan Honey Garlic Chicken and Green Beans

Ingredient List

- 3 chicken breasts, trimmed
- Salt and pepper, to taste
- 1 Tablespoon unsalted butter
- 3 cloves garlic, minced
- 1 Tablespoon brown sugar
- ¼ cup honey
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 3 cups green beans

Cooking Instructions

1. Preheat oven to 400°F.
2. Season chicken with salt and pepper.
3. Melt 1 Tablespoon butter in a large ovenproof skillet over medium heat. Add chicken and sear both sides until golden brown.
4. Remove chicken and set aside.
5. Add garlic to skillet, stirring until fragrant. Then add brown sugar, honey, thyme, and oregano, and stir. Reduce heat to low.
6. Return chicken to skillet. Coat the chicken in the sauce.
7. Add green beans to skillet. Transfer skillet to oven and bake for 25 minutes or until chicken is cooked through.

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