

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

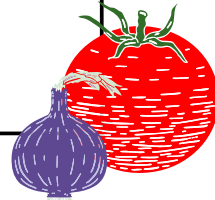
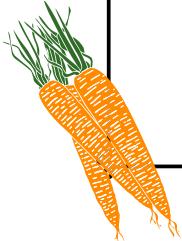
### Honey Apple Oatmeal Muffins

#### Ingredient List

- 1 2/3 Cups all purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1 Egg
- 1/2 Cup honey
- 1/2 Cup milk
- 1/3 Cup vegetable oil
- 1 1/2 tsp. vanilla extract
- 1 1/2 Cups thinly diced apples
- 1/3 Cup old fashioned oats

#### Cooking Instructions

1. Preheat the oven to 350 degrees. Grease or line a muffin pan with 12 liners.
2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
3. In another bowl, whisk together the egg, honey, milk, oil, and vanilla extract. Add this mixture to the flour mixture and stir gently until just combined. Do not over mix.
4. Add the apples and oats to the bowl and gently fold them in.
5. Divide the batter evenly among the muffin cups (it'll be about 1/4 cup in each one). Bake in the preheated oven for 18-20 minutes or until a toothpick inserted in the center comes out clean.



### Yummy Quinoa Salad with Balsamic Glaze

#### Ingredient List

- 1 Cup balsamic vinaigrette
- 1-2 Tbsp. honey or maple syrup
- 1 Cup uncooked quinoa
- 2 Cups water
- 1 Can chickpeas, rinsed and drained
- 2 Chopped medium cucumbers
- 1 Chopped medium red onion
- 3 Minced cloves of garlic
- 3 Diced medium tomatoes
- 1 Chopped large bunch of parsley
- 1/3 Cup Olive oil
- Salt and pepper to taste

#### Cooking Instructions

1. To cook the quinoa: Combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
2. Add balsamic vinaigrette and the honey or maple syrup to small pot.
3. Bring balsamic mixture to a boil, then reduce the heat and simmer for 10-15 minutes or until the sauce coats the back of a spoon. Set aside.
4. Make sure to chop all the vegetables.
5. In a Large bowl mix together quinoa, cucumbers, chickpeas, the red onion, garlic, tomatoes, and parsley.
6. After salad is properly mixed pour the olive oil and balsamic reduction over the salad.
7. Add salt and pepper to taste.
8. Enjoy!

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

Email Taylor at [taylor@feedinglaramievalley.org](mailto:taylor@feedinglaramievalley.org) to volunteer and share your recipes or visit

[www.feedinglaramievalley.org/shares-recipes](http://www.feedinglaramievalley.org/shares-recipes)