

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

Summer Salad

Ingredient List

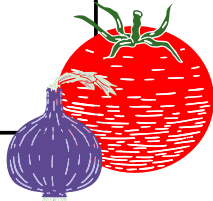
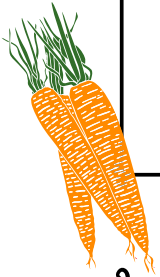
- 1/2 head of cabbage, thinly sliced
- 1 cucumber, thinly sliced
- 1/2 of an apple, diced
- 1/2 red onion, sliced
- 1/2 cup chopped tomatoes
- 1/3 cup almonds (optional, can substitute any other nut)
- 1 avocado, diced

Dressing:

- 1/4 cup apple cider vinegar
- 1/4 tsp. whole grain mustard
- 1/3 cup olive oil (or whatever you have on hand)
- 1 tsp. honey
- Salt and Pepper to Taste

Cooking Instructions

1. Heat a skillet on the stove over medium heat.
2. Once hot, add the almond and toast until slightly brown and fragrant.
3. Allow to cool slightly, then finely chop.
4. In a small bowl, whisk all of the dressing ingredients.
5. In a separate bowl, combine cabbage, cucumber, apple, onion, tomatoes, almonds, and avocado.
6. Pour dressing over the salad, toss, and serve!



Crispy Apple-Oat Fritters

Ingredient List

- 4 Tbsp. sugar, divided
- 1 1/2 tsp. ground cinnamon, divided
- Vegetable oil
- 1 cup old-fashioned oats
- 1/2 cup rice flour (or AP flour)
- 2 Tbsp. cornstarch
- 1 tsp. baking powder
- 3/4 tsp. salt
- 1 large egg
- 1/2 cup (or more) club soda
- 2 large apples, peeled, cored with an apple corer, sliced into 1/4 inch thick rings

Cooking Instructions

1. Whisk 2 Tbsp. sugar and 1 tsp. cinnamon and set aside.
2. Place a large skillet on the stove and pour in oil to measure 1/4 inch, then heat over medium-high heat.
3. Blend oats to a coarse powder in a food processor or blender.
4. In a bowl, whisk together the oats, flour, cornstarch, baking powder, salt, and remaining sugar and cinnamon.
5. Whisk in egg and 1/2 cup club soda, adding more if needed until you reach the consistency of pancake batter.
6. Working in batches, dip apple rings in batter and pan-fry, turning occasionally until golden brown and crisp, about 4 minutes.
7. Transfer fritters to a paper towel-lined plate; then toss in reserved cinnamon sugar, and enjoy!

Recipe inspired by <https://www.bonappetit.com/recipe/crispy-apple-oat-fritters>

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

Email Hanna at hanna@feedinglaramievalley.org to volunteer and share your recipes or visit

www.feedinglaramievalley.org/sharerecipeproject