

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

### Garlic Herb Roasted Potatoes and Zucchini

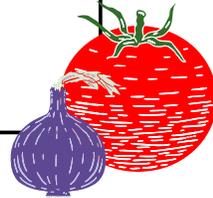
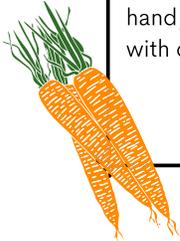
#### Ingredient List

- 4-5 potatoes, quartered
- 4 medium carrots, scrubbed clean, cut into 2 inch pieces
- 3 Tablespoon olive oil, divided
- 1 Tablespoon thyme, minced
- 1 Tablespoon rosemary, minced
- Salt and pepper, to taste
- 3 zucchini, trimmed and cut into 1 inch pieces
- 4 cloves garlic, minced

Tip: If you don't have fresh herbs or garlic on-hand, you can easily substitute these ingredients with dried herbs or garlic powder.

#### Cooking Instructions

1. Preheat your oven to 400°F. In a large bowl, toss together potatoes and carrots with 2 1/2 tablespoons olive oil, thyme, rosemary, and salt and pepper to taste. Spread onto a baking sheet and roast for 20 minutes.
2. Toss zucchini in a bowl with the remaining 1/2 tablespoon olive oil and season lightly with salt. Add to the baking sheet with other potatoes and carrots after they have roasted for 20 minutes. Add minced garlic and toss everything, then spread into an even layer. Return to oven and roast until all of the veggies are tender and slightly browned, about 20 minutes longer. Serve warm and enjoy!



### Mashed Potatoes with Cucumber

#### Ingredient List

- 2 medium potatoes, peeled and cubed
- 1 Tablespoon butter
- 4 Tablespoons milk, divided
- 1/2 small cucumber, peeled and diced
- 2 Tablespoons sweet onion, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 teaspoons white vinegar
- 1 teaspoon sugar

#### Cooking Instructions

1. Place the potatoes in a saucepan and cover with water.
2. Cover pan with lid and bring water to a boil. Cook for 20-25 minutes or until very tender.
3. Drain water, add butter and 2 tablespoons of milk, then mash together.
4. Stir in cucumber, onion, salt and pepper.
5. In a small bowl, stir vinegar and sugar into the remaining milk.
6. Stir mixture into mashed potatoes. Serve immediately.

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)