

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

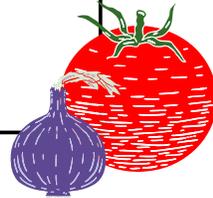
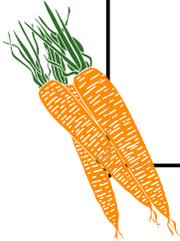
Broccoli and Tomato Pesto Pasta

Ingredient List

- 2 Cups pasta of choice (uncooked)
- 1 Cup pasta water (reserved)
- 2 Garlic cloves, minced
- 1 Tbsp. olive oil
- 1/4 Cup + 2 Tbsp. pesto, divided
- 2 Cups tomatoes, chopped
- 4 Cups broccoli, coarsely chopped
- 1/2 Cup parmesan cheese, grated (optional)
- 1/2 Tsp. salt
- 1/8 Tsp. red pepper flakes
- Pepper to taste

Cooking Instructions

1. Cook pasta as per package instructions. Reserve 1 cup of pasta water, draining the rest. Set aside.
2. While pasta is cooking, get all ingredients ready. Preheat large deep skillet or a dutch oven on medium heat, add olive oil and garlic. Saute for 30 seconds, stirring frequently.
3. Add 1 Tbsp. pesto, tomatoes and stir. Cook for 1 - 2 minutes, stir and cook another 1 - 2 minutes. Move to one side of the skillet and make sure the empty side of is positioned directly over heat. Add 1 Tbsp. pesto and broccoli, stir and cook for 4 minutes, stirring once.
4. Remove skillet from heat and add remaining 1/4 cup pesto, salt, pepper, red pepper flakes, pasta and pasta water. Stir gently and let flavors marinate for a few minutes. Do not cover because broccoli will become mushy. Add half of the parmesan cheese in this step and then add the other half right before serving. Serve hot.



Quick and Easy Vegetable Saute

Ingredient List

- 2 Tbsp. olive oil (or vegetable oil)
- 1 Small onion, chopped
- 4 Cloves minced garlic (or 2 tsp garlic powder)
- 1 Head of broccoli, chopped
- 1 Bunch of kale, chopped (optional)
- 1 Zucchini, chopped
- 1-2 Tomatoes, diced
- Salt & pepper to taste

Cooking Instructions

1. In a large skillet, heat oil on medium heat.
2. Add onions and cook until softened, stirring frequently. Add garlic and cook until fragrant, but not browned.
3. Add vegetables (except tomatoes), stir frequently until they begin to soften.
4. Add tomato and cook for another two minutes.
5. Season to taste with salt and pepper, serve warm.

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