

FEEDING

Laramie Valley



Recipe ideas based on this week's Shares bag

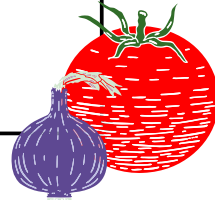
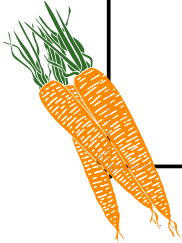
Cucumber Tomato and Avocado Salad

Ingredient List

- 1 cucumber, diced
- 4 roma tomatoes, diced
- 3 ripe avocados, diced
- ½ red onion, diced
- ¼ cup fresh cilantro, chopped
- 1 lemon, juiced
- Salt, to taste
- Pepper, to taste
- Tablespoons olive oil

Cooking Instructions

1. Slice then dice the cucumber and tomatoes.
2. Slice avocado and carefully remove the pit. Scoop out inside and dice.
3. Peel onion and remove tops. Then dice.
4. Chop cilantro and place in a large salad bowl with previous ingredients.
5. Toss with olive oil, lemon juice, salt and pepper. Serve in a bowl.
6. Enjoy!



Egg-Topped Avocado Toast

Ingredient List

- 2 slices bread, toasted
- 2 teaspoons butter
- 1/2 medium ripe avocado, peeled and thinly sliced
- 4 thin slices tomato
- 2 thin slices red onion
- 2 large eggs
- Salt and pepper, to taste
- 2 Tablespoons cheddar cheese, shredded

Cooking Instructions

1. Spread each slice of toast with butter and place them on a plate. Top with avocado and mash gently with a fork. Then top toast with tomato and onion.
2. Poach eggs. To poach eggs on a stovetop, fill a saucepan with several inches of water. Heat until it reaches a boil and then reduce heat to simmer. Crack eggs into bowl and gently slip into water. Turn off heat, cover pan, and let cook for 4 minutes before removing with a slotted spoon. To poach eggs in a microwave, place 1/2 cup water in a small microwave-safe bowl or glass measuring cup then break an egg into the water. Microwave, covered, on high 1 minute until egg white is set and yolk begins to thicken; let stand 1 minute.
3. Using a slotted spoon, place egg over sandwich. Sprinkle eggs with salt and pepper. Top with cheese and eat 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