

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

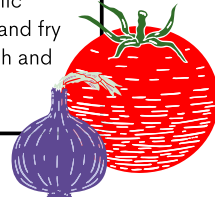
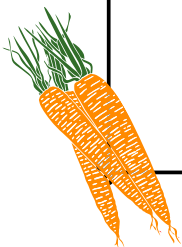
### Sweet Potato and Spinach Gnocchi

#### Ingredient List

- 3-4 Sweet potatoes, halved
- 1 Egg yolk at room temperature
- 2 Cups plain flour
- 1 Teaspoon salt
- 2-3 Tablespoons olive oil
- 3-4 Cloves garlic crushed
- 1 Teaspoon chili flakes
- 2 Cups spinach

#### Cooking Instructions

1. Preheat the oven to 350°F. Rub the sweet potato halves with olive oil and a pinch of salt. Bake for 45 minutes on a baking tray. Remove from the oven and carefully remove the skin of the sweet potato.
2. Make the gnocchi dough. Add the sweet potato to a large bowl and mash with a potato masher or a fork while still warm. Mix through egg yolk and 1 cup of the flour to form a dough. Add an additional ½ cup of flour until the dough starts to form a ball. Turn the dough out onto a floured surface and shape into a ball (do not knead, it will become too tough).
3. Shape the gnocchi. With the additional ½ cup of flour on hand, slice the dough into 8 pieces. Using well floured hands roll each piece of dough into 12 inch logs. Slice the logs of dough into 1/2 inch pieces. Toss in a little extra flour again to prevent sticking and set aside on a plate.
4. Cook the gnocchi. Bring a large pot of salted water to a boil and in three batches add the gnocchi pieces. Remove from water once they float to the top.
5. In a large frying pan, heat the olive oil, garlic and chili flakes until the garlic starts to brown and add in the cooked gnocchi. Toss the gnocchi in the oil and fry for 2-3 minutes, or until the gnocchi starts to get golden. Add in the spinach and toss through until wilted. Season with salt and pepper and serve.



### Simply Sweet and Buttery Acorn Squash

#### Ingredient List

- 1 Acorn squash
- 1 Tablespoon butter
- 2 Tablespoon brown sugar
- 2 Teaspoons maple syrup
- Dash of salt

#### Cooking Instructions

1. Preheat the oven to 400F.
2. Prep the squash: If you have a microwave, microwave the squash for a minute each to make it easier to cut. Stabilize the squash on a cutting board as best you can, stem end down. Using a sharp knife, carefully cut the acorn squash in half, from tip to stem. Use a spoon to scrape out the seeds until the inside is smooth. Take a sharp knife and score the insides of the acorn squash halves in a cross-hatch pattern, about a half-inch deep cuts. Place the squash halves cut side up in a roasting pan. Pour 1/4-inch of water over the bottom of the pan so that the squash does not dry out in the oven.
3. Add butter, salt, brown sugar and maple syrup: Rub a half tablespoon of butter into the insides of each half. Sprinkle with a little salt. Crumble a tablespoon of brown sugar into the center of each half and drizzle with a teaspoon of maple syrup. Mix the rest of the butter, brown sugar and syrup and set aside.
4. Bake at 400°F for about an hour to an hour 15 minutes, until the tops of the squash halves are nicely browned, and the squash flesh is very soft.
5. Remove from oven, spoon leftover brown sugar butter sauce over squash. Let squash cool before serving.

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)