

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

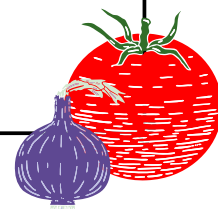
### Pan Roasted Veggies

#### Ingredient List

- 1 onion, cut into chunks
- 1 small zucchini, ends trimmed and cut into small cubes
- 1 head broccoli, trimmed (optional)
- Snow peas
- Beets, cleaned and diced
- Grape tomatoes, halved (optional)
- 1 tbsp fresh lemon juice (can also use fresh orange juice)
- 2 tbsp vegetable oil (or oil of choice)

#### Cooking Instructions

1. Preheat oven to 400 degrees.
2. Prepare vegetables (wash, slice and/or dice).
3. Evenly spread cut vegetables (except for grape tomatoes, if using) on a baking sheet.
4. Sprinkle garlic, salt and pepper.
5. Roast for 25 minutes.
6. Optional: If using grape tomatoes, remove from oven after 15 minutes and toss these into the pan. Return to oven and roast another 10 minutes.
7. Drizzle with freshly squeezed juice and serve warm.



### Beet Hummus

#### Ingredient List

- 1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed\*
- 2 Tbsp tahini sesame seed paste (optional)
- 5 Tbsp lemon juice
- 1 small clove garlic, chopped
- 1 Tbsp ground cumin
- 1 Tbsp lemon zest (zest from approx. 2 lemons)
- Generous pinch of salt
- Pepper to taste

#### Cooking Instructions

1. Place all ingredients in a food processor or blender and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
2. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.
3. Eat with crackers and sliced vegetables or as a spread.

Recipe inspired by: [https://www.simplyrecipes.com/recipes/beet\\_hummus/](https://www.simplyrecipes.com/recipes/beet_hummus/)

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/sharerecipeproject](http://www.feedinglaramievalley.org/sharerecipeproject)