

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

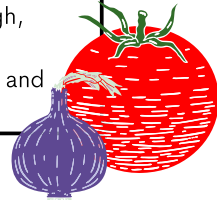
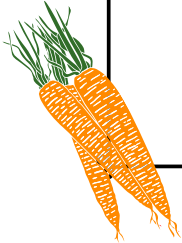
### Roasted Broccoli and Kale with Lemon Pasta

#### Ingredient List

- 1 box of pasta
- 1 cups broccoli, cut in small pieces
- 3 Tbsp. olive oil
- 3-4 cups kale, center stalk removed and chopped into small pieces
- 2 garlic cloves, minced
- 1-2 Tbsp. lemon zest
- Pinch red pepper flakes
- Salt and pepper
- Parmesan cheese (optional)

#### Cooking Instructions

1. Prepare ingredients. Preheat oven to 450° F.
2. Line baking sheet with parchment paper or foil. Toss broccoli with 1/2 olive oil and good pinch of salt and pepper. Spread out on baking sheet and bake for 10-15 minutes until crispy and slightly charred. Remove from oven and set aside.
3. Boil water and cook pasta according to directions. Drain pasta, reserving 1/3 cup of pasta water. Do not rinse pasta.
4. Heat a large pan and remaining olive oil. Over medium heat, add garlic and cook for a few seconds until fragrant. Increase heat to medium-high and add chopped kale, red pepper flakes and a pinch of salt. Saute for a few minutes until cooked.
5. Add drained pasta with a little bit of the pasta water and stir to combine.
6. Add roasted broccoli to pan and mix together until heated through, 2-3 minutes.
7. Remove from heat. Salt and pepper to taste. Top with lemon zest and cheese. Enjoy!



### Zucchini and Corn Chowder

#### Ingredient List

- 1 Tbsp. butter
- 1/2 onion, chopped (1 cup)
- 2 garlic cloves, minced
- 1/2 tsp. ground thyme (or other herb)
- 2 medium potatoes, peeled, diced into 1/2-inch cubes
- 4 cups chicken or vegetable broth
- 2 cans of corn, drained (3 cups)
- 2 medium zucchinis, diced into 1/2-inch cubes (3 cups)
- 1 cup milk
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- Pinch cayenne pepper (optional)
- 1 tsp. jalapeno, diced (optional)

#### Cooking Instructions

1. In a large, heavy pot or dutch oven, melt butter over medium heat.
2. Add onion, garlic, and thyme; cook until vegetables begin to soften, stirring couple times, about 5 minutes.
3. Add potatoes and broth.
4. Raise the heat to medium-high and bring to a simmer, then lower the heat back to medium and simmer for 8-10 minutes or until the potatoes are halfway cooked.
5. Add zucchini, corn and milk; season with salt and pepper, to taste, and simmer for additional 8-12 minutes or until the vegetables are completely tender.
6. Optional: Remove half of the chowder and puree the remaining chowder with an immersion blender until smooth. Stir the remaining mixture back into the pot.
7. Remove from heat and serve garnished with diced jalapeno and a sprinkle of cayenne pepper (optional).

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)