

# FEEDING

## Laramie Valley



Recipe ideas based on this week's Shares bag

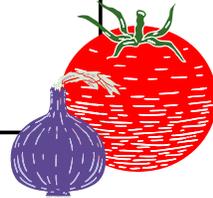
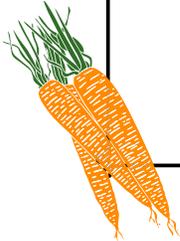
### Caramelized Onion and Pear Grilled Cheese

#### Ingredient List

- 2 Tablespoons butter
- ½ Medium onion, thinly sliced
- Salt and pepper to taste
- 2 Slices bread
- 2 Slices Swiss cheese
- ½ Pear, quartered and sliced thinly
- Whole-grain mustard, for dipping (optional)

#### Cooking Instructions

1. Melt 1 tablespoon of the butter in a small skillet over medium heat. Add the onions, and cook until soft and golden, about 20 to 25 minutes. Reduce heat if they start to brown too quickly. Season with salt and pepper, and transfer to a bowl.
2. Return the skillet to medium heat. Spread butter on one slice of the bread. Place the bread butter-side-down in the skillet. Carefully layer a slice of cheese, the pear, caramelized onions and more cheese. Top with the second slice of bread, and spread the remaining butter on top.
3. Cook roughly 8 minutes until the bread is golden and the cheese is melted, flipping as needed.
4. Serve with dipping sauce and enjoy.



### Quinoa Fried Rice

#### Ingredient List

- 1 Cup dry quinoa
- 1½ Cups vegetable broth or water
- 2 Teaspoons low sodium soy sauce
- 2 Cloves of garlic, minced
- 1 Head of broccoli, chopped
- 2 Carrots, diced
- 1/3 Cup frozen peas
- 1 Tablespoon olive oil or butter
- 1/8 Teaspoon garlic powder
- Salt and pepper to taste
- Chili sauce (optional)

#### Cooking Instructions

1. Rinse a cup of quinoa, drain, and allow to dry on a few sheets of paper towels. Once dry, toss quinoa into a pot and allow it to lightly toast (not brown) on medium heat for just a minute, while stirring.
2. Add 1½ cups of water (or veggie broth) to your quinoa and bring to a boil. Once boiling, reduce to low heat, cover, and let simmer for approximately 12 minutes. Remove lid, fluff with a fork, and set aside.
3. While quinoa is simmering, prepare vegetables by blanching (boiling) chopped broccoli, diced carrots, and peas in about an inch of water in a frying pan on medium heat. Cook the veggies until tender and drain.
4. Add butter/oil and garlic into the pan with the veggies and stir frequently.
5. Add quinoa and soy sauce to the pan. Crack egg over the side of the skillet while it is still hot and scramble it into the vegetables and quinoa. Season to taste and pan fry for a few more minutes.
6. Serve hot with a side of soy sauce or sweet chili sauce (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)