

FEEDING

Laramie Valley

To make the balsamic vinaigrette: In a blender, combine the garlic, mustard, honey,
Recipe ideas based on this week's Shares bag

Balsamic, Bacon and Avocado Slaw

Ingredient List

- 1 small head red cabbage, cored and thinly sliced
- 4 uncured bacon slices, cooked until crisp, drained and chopped
- 1/2 cup chopped fresh flat-leaf parsley
- 4 large radishes, thinly sliced
- 3 green onions, thinly sliced
- kosher salt
- 1 large avocado, pitted, peeled and cut into chunks

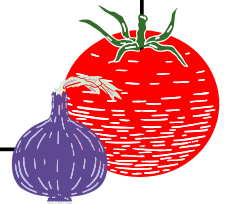
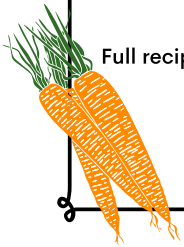


Cooking Instructions

1. To make the balsamic vinaigrette: In a blender, combine the garlic, mustard, honey, vinegar, and olive oil. Blend until smooth and creamy. Season with salt and set aside.
2. In a large bowl, combine the cabbage, bacon, and parsley. Drizzle with a few tablespoons of the vinaigrette to start (you can always add more!) and toss to coat.
3. Add the radishes and green onion and toss again. Season with salt.
4. Transfer to a serving platter and top with the avocado.

HINT: To make this vegan or vegetarian try using ToFurkey Bacon apple Tempeh or chickpeas sauteed in maple syrup.

Full recipe at: <https://www.foodrepublic.com/recipes/balsamic-red-cabbage-bacon-and-avocado-slaw/>





Recipe ideas based on this week's Shares bag

Roasted Cabbage with Mustard Vinaigrette

Ingredient List

For the cabbage:

- 1 medium head green or red cabbage (about 3 pounds)
outer leaves removed
- Olive oil
- Kosher salt
- Freshly ground black pepper

For the vinaigrette:

- 1/4 cup
- olive oil
- 1 tablespoon
- Dijon mustard
- 1 tablespoon
- whole-grain mustard
- 1 tablespoon
- honey or maple syrup
- 1 tablespoon
- apple cider vinegar



Cooking Instructions

1. Arrange a rack in the middle of the oven and heat to 450°F.
2. Cut the cabbage through the core into 8 wedges. Lay the wedges cut-side down on a large roasting pan or baking sheet and drizzle very lightly with oil. Season generously with salt and pepper.
3. Roast for 15 minutes. Meanwhile, make the vinaigrette: Whisk all the ingredients together in a small bowl until combined; set aside.
4. Flip the cabbage wedges and roast until browned at the edges, about 15 minutes more. If the edges aren't browned enough for your taste, put the cabbage back in for 5-minute increments until they are. Drizzle with the vinaigrette and serve immediately.

RECIPE NOTES

1. Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days
2. If you want different flavors, instead of vinaigrette, drizzle tahini, salt pepper, olive oil, and fresh herbs like dill over top!

Full recipe at: <https://www.thekitchn.com/recipe-roasted-cabbage-with-mustard-vinaigrette-234441>

