

# - SPINACH -

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## Spinach Cheese Casserole

1 pound steamed, then drained, spinach  
1 large tomato  
1 large spanish onion  
Sliced Sharp cheese  
¾ cup bread crumbs  
Butter

- Steam spinach and onions until just cooked (about 10 minutes)
- Spray 4 cup glass casserole and start to layer vegetables: 1 onion; 2 spinach; 3 tomatoes, 4 cheese. Continue until casserole is full (last layer should be cheese)
- Mix bread crumbs with just enough butter to form small balls. Sprinkle over top of casserole. Bake for 15 to 20 minutes 350 degree pre-heat oven

## "Spinookie" Bars

½ cup firmly packed brown sugar  
¾ cup fresh spinach, torn; or thawed and well-drained frozen spinach  
2 tablespoons butter  
1 cup applesauce  
1 egg  
1 teaspoon vanilla  
3 cups steel cut oats  
1 cup whole wheat flour  
1 teaspoon salt (optional)  
½ teaspoon baking soda

- Heat oven to 350 degrees. Mix wet then dry ingredients
- Drop by spoonfuls onto ungreased cookie sheet
- Bake 13 to 15 minutes or until edges are greenish brown
- Remove to wire rack and cool



# Spinach (*Spinacia oleracea*)...

- \* Spinach is in the Amaranthaceae family
- \* It originated in the Middle East
- \* Is an excellent source of iron, calcium, chlorophyll, beta carotene, vitamin C, sodium and potassium!

([www.liveandfeel.com](http://www.liveandfeel.com))

## Strawberry-Spinach Smoothie

from: *Leaving Home Cookbook*

- 1 banana, cut into pieces
- 1 cup fresh or frozen spinach
- 1 cup strawberries
- 1 cup yogurt
- 2 tablespoons honey
- Water to blend

Blend on high and enjoy. Serves 1 to 2.

## Spinach & Artichoke Dip

- 1 (14 oz.) can artichoke hearts, drained & chopped
- 1 (10 oz.) box chopped frozen spinach, thawed & drained
- 1 clove garlic
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 3/4 cup grated parmesan & romano cheese

Preheat oven to 375°. Mix all ingredients together and place in a 9" x 9" baking dish. Bake for 20 to 25 minutes – until heated through. Serve with tortilla chips or crackers - or on a fork.

## Greek Spinach Pie

from: [cooks.com](http://cooks.com)

- 7-8 cups blanched spinach
- 1 medium onion
- 1/2 lb. butter
- 6 large eggs
- 2 lbs. ricotta or cottage cheese
- 1/2 - 1 lb. crumbled feta cheese
- Salt and freshly ground pepper
- 1/2 lb. filo dough (thawed if frozen)

- Chop spinach and dice onion. Melt 2 tablespoons butter in a large frying pan and saute onions until soft.
- Add spinach, then cook over medium-high heat until all moisture is evaporated. Remove from heat.
- Melt remaining butter in a small pan. Beat eggs and stir in cheeses. Add spinach mixture; season with salt and pepper.
- Gently spread the filo dough out flat and cover with a moistened towel so that the separate sheets don't dry out.
- Butter a 15x10-inch baking pan 2-inches deep
- Place a sheet of dough on the bottom of the pan and brush lightly with melted butter. Continue layering sheets of dough, buttering each until there are 10 sheets. Filo dough is very thin and easy to rip- if they are sticking together, use a couple sheets at a time.
- Spread spinach mixture evenly on top and stack with another 10 sheets, buttering them as before.
- Bake in a preheated oven at 375 degrees for 15 minutes; reduce to 350 for an additional 30 minutes. Remove from oven and allow to cool for 15 minutes before slicing.



## Cheesy Rice With Fresh Spinach and Mushrooms

¾ cups rice, cooked accordingly  
1 tablespoon butter, or 1 tablespoon olive oil  
2 tablespoons chopped green onions  
1 teaspoon minced garlic  
1 cup chopped mushrooms  
1 cup torn fresh spinach  
1 teaspoon fresh basil  
1 cup shredded mozzarella (or another preferred cheese)

- Cook rice
- Meanwhile, add butter and/or olive oil to pan over medium or medium/low heat
- Saute onion, garlic
- Add mushrooms and let cook down without stirring (about 5 minutes)
- Add spinach and stir till cooked down
- Add basil, salt and pepper to taste
- Add cooked rice and ½ cup of cheese to spinach/mushroom mixture and combine
- Put in small casserole and top with remaining cheese
- Bake in oven at 350 degrees, for however long you'd like since it's already cooked

## Spinach-Feta Dip

from: *Leaving Home Cookbook*

1 (8 ounce) carton sour cream  
1 (8 ounce) package cream cheese, softened  
¾ cup crumbled feta cheese  
About 1¼ cup spinach  
1 teaspoon salt

- Beat sour cream, cream cheese and 1 teaspoon salt in bowl. Fold in feta cheese
- Remove any excess moisture from spinach with towels. Stir into cheese mixture. Add 1 teaspoon minced garlic, if you'd like. Yields 3 cups.



**Enjoy!**

## Spinach Crescent Rolls

from: [allrecipes.com](http://allrecipes.com)

10 ounces of spinach  
½ cup sliced almonds  
½ cup grated Parmesan cheese  
¼ chopped onion  
2 teaspoons olive or vegetable oil  
¼ teaspoon salt  
1/8 teaspoon pepper  
1 (8 ounce) package refrigerated crescent rolls

In a blender, or food processor, finely chop the almonds. Add the spinach, Parmesan cheese, onion, oil, salt and pepper; cover and process until well blended. Unroll and separate the crescent dough into eight pieces. Spread spinach mixture evenly over dough within 1/8 inches of edges. Roll up and place on a greased baking sheet. Bake at 375 degrees for 15-18 minutes, or until golden brown. Serve warm.

## Spinach & Ricotta Conchiglie

12 ounces large conchiglie  
2 cups tomato pasta sauce  
10 ounce frozen chopped spinach (fresh works fine)  
2 slices crustless white bread, crumbled  
1/2 cup milk  
1/4 cup olive oil  
2 1/4 cups ricotta cheese  
pinch of nutmeg  
1 garlic clove, crushed  
1/4 cup freshly grated parmesan cheese  
salt & freshly ground pepper  
2 Tbsp. pine nuts & black olives optional

1. Preheat oven to 350°. Cook pasta according to directions on box. Rinse with cold water.
2. Thaw frozen spinach, place in sieve & press out any excess liquid with the back of a spoon.
3. Place bread, milk and 3 Tbsp. olive oil in food processor & blend. Add spinach and ricotta, season with salt, pepper & nutmeg. Mix well.
4. Mix garlic, remaining olive oil & pasta sauce, spread evenly in the bottom of a large baking dish.
5. Spoon spinach mixture into a pastry bag fitted with large plain nozzle. Fill pasta & arrange over sauce.
6. Heat the pasta in the oven for 15 minutes. Turn oven up to 400° - sprinkle parmesan cheese, black olives & pine nuts. Remove from oven when cheese is melted.

## Mac & Cheese with Spinach

16 oz. box of elbow macaroni  
2 cups of milk  
2 TBSP. flour  
1½ cups shredded cheddar  
1 cup cottage cheese  
1 tsp. dry mustard  
¾ tsp. salt  
6 oz. fresh baby spinach.  
2 TBSP. corn flakes or bread crumbs  
2 TBSP. grated Parmesan

1. Preheat oven @ 350. Spray a 3 quart casserole dish.
2. Cook a 16 oz. box of elbow macaroni.
3. Combine 2 cups of milk & 2 TBSP. flour - whisk in saucepan over medium heat until it boils & thickens. Remove from heat.
4. Add 1 1/2 cups shredded cheddar - 1 cup cottage cheese, 1 tsp. dry mustard, 3/4 tsp. salt. Mix. Fold in 6 oz. bag of fresh baby spinach.
5. Add to pasta & transfer to baking dish. Mix 2 TBSP. corn flakes or bread crumbs with 2 TBSP. grated Parmesan & sprinkle over top.
6. Bake for 20 - 25 minutes. Let stand 10 minutes before serving.