

Spinach

These delicate leaves love the warm days and cool nights. Sneak it in soups, hummus, & pastas. Feeling ambitious? Make an Indian Daal with spinach. Add to your salad. Steam, until bright green, and serve over rice with ginger and soy sauce. Steam; add a dollop of butter and sea salt.



Wilted Spinach with warm Feta dressing

1/2 lb. Spinach

5 tablespoons olive oil, divided

2 tablespoons Sherry wine vinegar

1 medium red onion, halved, cut into 1/3-inch-thick wedges with some core attached

7 oz. Lifeline feta cheese, coarsely crumbled

Place spinach in large bowl. Heat 2 TBLSPN oil in heavy large skillet over high heat. Add onion; sauté until brown and softened, about 7 minutes. Transfer to bowl with spinach; remove skillet from heat. Add remaining 3 tablespoons oil and cheese to skillet. Stir to melt cheese slightly, about 1 minute. Stir in vinegar. Season to taste with salt and pepper. Pour over spinach; toss to coat and wilt slightly.

Summer salad roll

Collard greens or spring roll wraps

Strawberries

Spinach

Cosmic mix

Mint

Radishes

Green onions

Thinly slice radishes, strawberries, & green onions. Chop & mix spinach, cosmic mix, & mint. Place all ingredients upon the collard greens/wraps. Serve with Basil Green Goddess dressing.

Egg muffins

12 eggs

Olive oil

Salt n' pepper

Tomato

Basil

Garlic curls or cloves

Spinach

Green onion

Pre-heat oven to 350°. Lightly grease pan with olive oil. Chop veggies, whisk eggs, add Salt n' pepper & veggies. Pour mix into the pan, bake for 20-25 min.

Italian Wonderpot by Beth Moncel, Budget Bytes

Vegetable broth

Fettuccine

Olive oil

Spinach

Diced tomatoes

Green onions (sliced thin)

Garlic Curls or cloves (sliced thin)

Basil

Oregano

Red pepper flake

Salt & pepper

Feta cheese

Add vegetable broth to a large pot. Break the fettuccine in half, add to pot. Add diced tomatoes, olive oil, onion, garlic, basil, oregano, red pepper, & salt n' pepper.

Make sure all ingredients are submerged in liquid, place lid on top, & turn heat to high. Bring pot to a full boil, remove lid & turn heat to medium. Boil for 10-15 min. without a lid or until pasta is fully cooked and most of the liquid is absorbed. Add fresh spinach for the last 2 min. Stir occasionally to avoid sticking.

Bok Choy, Spinach, & Ginger Soup

Bok Choy

Handful of Spinach

Ginger

Garlic Curl

2tsp Soy Sauce

2 Limes
4c Stock
1 large Chili
1 Red Onion
Coriander

Finely chop the ginger, garlic, onion, & chili together. Fry in a large pan for 2 min. Add the stock & soy sauce & bring to a simmer. Add the bok choy & spinach. Finely chop the coriander & add to pan. Simmer for 3 min. Serve with a lime wedge.

Swiss chard Spinach Salad

1/4lb Swiss chard
2c Spinach
1/2 c olive oil divided
1 1/2c breadcrumbs
1 clove garlic minced
Salt n' pepper
Crushed red pepper flakes
1 lemon
3/4 c grated parmesan

Remove stems from chard & slice into ribbons. Warm 1/4 c olive oil in a skillet, add breadcrumbs, stirring frequently, until crisp & golden brown 5 min. Stir in garlic, salt n' pepper, pepper flakes toast for 1 min. Zest lemon into the bowl of chard. Juice the lemon into small mixing bowl, add a couple pinches of salt, slowly whisk in ¼ c olive oil. Add the parmesan & half of the dressing mixture, toss add more dressing if you like, toss in breadcrumbs & serve immediately.

Spanakopita * Moosewood Cookbook **(Farm Family Favorite!)**

1 Tbsp. olive oil
2 cups minced onion
1/4 to 1/2 tsp salt
1 tsp oregano
1 tsp basil
2 lbs. fresh spinach, stemmed and finely chopped
5 medium cloves garlic, minced
3 Tbls flour
1 lb. crumbled feta cheese
1 cup cottage cheese
Black pepper, to taste
1/3 to 1/2 cup olive oil, for the filo
1 lb. filo pastry leaves, defrosted

Preheat oven to 375 F. Oil a 9 by 13 inch baking pan. Heat 1 Tbsp. olive oil in a Dutch oven. Add onion, salt, and herbs, and sauté for about 5 minutes. Add spinach; turn up the heat, and cook, stirring, until the spinach wilts (5 to 8 minutes). Stir in the garlic. Sprinkle in the flour, stir, and cook over medium heat 2 to 3 more minutes. Remove from heat. Mix in the cheeses. Taste to correct seasonings, adding lots of black pepper (and some salt). Place a sheet of filo in the oiled pan, letting the pastry edges climb up the sides. Brush lightly with oil, and add another sheet. Keep going until you have a pile of 8 oiled sheets. Add half the filling, spreading it to the edges, then repeat with 8 more sheets of oiled filo, followed by the remaining filling. Layer the rest of the filo over the filling, brushing oil in between. Oil the top, tuck in the edges, and bake uncovered for about 45 minutes or until golden and crispy. Cut into squares and serve hot or warm.

Buttered Spinach *Nourished Kitchen

- 1 lb. spinach
- 1 Tbls unsalted butter
- 1/2 tsp sea salt
- 1/4 tsp ground white pepper
- 2 hard-cooked Cosmic eggs, peeled and minced

Chop the spinach leaves and toss into a large, heavy stockpot. Cook, covered with a tightfitting lid, for 15-20 minutes until tender. Drain the wilted spinach in a colander, pressing to remove excess liquid. Return the pot to the stove, adding the butter, and melt over low heat. Toss in the spinach. Stir in the salt, white pepper and minced egg, and then serve.

Palak Paneer Homemade palak paneer is even better than the dish you get at Indian restaurants because it's made with fresh spinach! www.foodnetwork.com

- 1 tsp turmeric
- 1/2 tsp cayenne
- Kosher salt
- 3 Tbls + 1 1/2 Tbls ghee
- 12 ounces paneer
- 1 lb. spinach
- 1 medium white onion, chopped
- 1 Tbls minced ginger
- 4 cloves garlic, minced
- 1 serrano chile, finely chopped
- 1/2 tsp garam masala
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 cup plain yogurt, stirred until smooth

In a large bowl, whisk together the turmeric, cayenne, 1 tsp salt and 3 tbs oil. Gently, drop in the cubes of paneer and gently toss and let the cubes marinate. Chop the spinach very finely. Place a large nonstick skillet over medium heat and add the paneer. Fry until browned on one side and then remove the paneer from the pan onto a plate. Add the remaining 1 1/2 tbs oil to the pan. Add the onions, ginger, garlic and chile. Sauté the mixture until it's evenly toffee colored, about 15 minutes, adding water if needed. Add the garam masala, coriander and cumin. Cook, stirring often, 3 to 5 minutes. Add the spinach and stir well, incorporating the spiced onion mixture into the spinach. Add a little salt and 1/2 cup of water, stir, and cook about 5 minutes with the lid off. Turn the heat off. Add the yogurt, a little at a time to keep it from curdling. Once the yogurt is well mixed into the spinach, add the paneer. Turn the heat back on, cover and cook until everything is warmed through, about 5 minutes. Serve.

Green Pancakes

- 1/2 lb. spinach
- 3/4 cup self-rising flour
- 1 Tbls baking powder
- 1 egg
- 4 Tbls Cosmic butter, melted
- 1/2 tsp salt
- 1 tsp ground cumin
- 2/3 cup milk

6 medium green onions, finely sliced

2 fresh green chilies, thinly sliced

1 egg white

Coconut oil or butter for frying

Wilt the spinach in a pan with a splash of water. Drain in to a sieve and, when cool, squeeze out the water. Roughly chop. Put the flour, baking powder, whole egg, melted butter, salt, cumin and milk in a large mixing bowl and whisk until smooth. Add the green onions, chilies and spinach and mix with a fork. Whisk the egg white to soft peaks and gently fold it into the batter. Heat the oil in a skillet, use 2 Tbls of batter for each pancake and fry for about 2 minutes on each side. Top with lime butter.

Tomato Basil Spinach Risotto

2-1/2 cups chicken broth

1 Tbls butter

1 shallot, minced

1 garlic clove, minced

Salt & pepper

3/4 cup Arborio rice

1/4 cup dry white wine

2 tomatoes, chopped

2 cups baby spinach

Handful torn basil

1/4 cup grated parmesan cheese

Bring chicken broth to a boil in a small saucepan. Reduce heat to low and keep hot. In a large skillet, melt butter over medium heat then add shallot, season with salt & pepper, and then sauté until translucent, about 3 minutes. Add garlic then sauté for 30 more seconds. Add rice then stir to coat in butter. Add wine then stir until nearly absorbed by rice. Add ½ cup chicken broth then stir continuously until broth is absorbed. Continue adding broth, ½ cup at a time, stirring until nearly absorbed before adding more. When there's 1/4 of the broth remaining, add tomatoes then continue stirring. Add baby spinach and basil with the last broth addition then continue stirring. Stir in parmesan cheese.

Garlic and Greens Soup This is a staple – Quick, easy and good! Substitute ingredients throughout the summer.

8 cups veg. stock

1 large yellow onion

1 head baby garlic, minced

1 bunch greens (spinach)

3 yellow potatoes, diced

1 Tbsp. seasoned rice vinegar

(Opt.) Cosmic meat, white beans, or tofu

Salt and pepper

Red chili pepper flakes to taste

Sauté onion and garlic for 5 min. in 3 Tbsp. of water, oil or butter. Add everything, bring to boil, simmer 25-30 minutes

Spinach & Basil Soup

6 T butter

1 1/2 cups finely chopped onions

1 clove garlic, minced

4 cups spinach, chopped

2 T basil, chopped
3 cups broth
1/2 cup freshly grated parmesan cheese
1 cup heavy cream
1 t salt
2 t lemon juice (or sorrel)
1/2 t pepper
1/4 t zest of lemon (or more sorrel)

In a large sauce pan, melt butter over low heat and sauté onion until soft, about 10 minutes. Add the garlic, sauté another minute or two; mix in the drained spinach, basil and chicken broth and bring to a boil. Reduce the heat and simmer, uncovered, approximately 10 minutes. Mix in the remaining ingredients. Blend if desired.

Kale or Spinach Strata Veggies for Breakfast! Having veggies for breakfast is addicting. Take time to prepare this before you go to bed. Pop it in the oven the next morning for a delicious breakfast!

Zest of one lemon
2 T olive oil
2 t Dijon-style mustard
Salt and pepper to taste
2 cups milk
6 eggs
3 cups day old bread, chopped
2 cups spinach or kale, chopped
½ cup crumbled cheese

1 T fresh basil Grease a 9 in. sq. baking pan, sprinkle w/lemon zest. Whisk olive oil, S&P, eggs, milk. Put in dish, top w/greens and ½ of cheese. Drizzle egg mixture over the bread, sprinkle w/rest of cheese & refrigerate overnight. Preheat oven to 350, bake uncovered 45 min or until egg is set. Top w/basil before serving.

Spinach Basil Pesto

1 ½ c. spinach
¾ c. basil
½ c. olive oil
½ c. toasted pine nuts
½ c. grated Parmesan
4 garlic curls, cut in chunks
¾ t. salt
½ t. pepper
1 T. lemon juice
½ t. lemon zest

Blend the spinach, basil, pine nuts, Parmesan cheese, garlic, salt, pepper, lemon juice, lemon zest, and 2 tablespoons olive oil in a food processor until nearly smooth, scraping the sides of the bowl with a spatula as necessary. Drizzle the remaining olive oil into the mixture while processing until smooth.

Sautéed Turnips with Spinach and Raisins

3 medium turnips
1 bunch of spinach
½ c. raisins

- 1 garlic curl, minced
- 3 T. lime juice
- 2 T. olive oil
- 1 pinch ground nutmeg

In a skillet (with a lid), heat the olive oil and garlic over medium heat. While that heats chop turnips into thin strips, like tiny French fries. When oil is heated, add the turnips and raisins and sauté for about 3 minutes. Pour in the lime juice and cover; let it cook for 5-10 more minutes, allowing turnips to soften. Meanwhile, wash and chop or tear up the spinach. After 5-10 minutes are up and turnips are tender, stir in the spinach and cook it until it just begins to wilt. Remove from heat and sprinkle with nutmeg.

Spinach and Artichoke Dip (Farm Family Favorite)

- 3-4 handfuls chopped spinach
- 2-3 cloves minced garlic or garlic curls
- 1 jar artichoke hearts
- 1 c. Mayonnaise
- 1 C. shredded Parmesan
- ¼-1/2 c. Breadcrumbs

Mix all ingredients, except breadcrumbs in an oven proof container. Sprinkle the top with breadcrumbs. Bake at 400 for 15-20 minutes, until bubbly and golden brown on top.

Classic Wilted Spinach Salad

One bunch fresh spinach, washed, trimmed, and torn into bite-size pieces

- ½ red onion, very thinly sliced
- 3-4 tomatoes, very thinly sliced
- ½ cup crumbled crisp-cooked bacon
- 2-3 hard-boiled eggs, sliced into thin rounds

Other optional toppings to try: Smoked chicken, turkey or fish – toasted sliced almonds, chopped hazelnuts or pine nuts – grated carrot, thinly sliced bell peppers or cubes of hard cheese – crumbled Feta, Stilton or Gorgonzola – fresh or dried figs, apricots, or currants – slices of tart pear or green apple – fresh blueberries, raspberries or blackberries – get creative. Arrange the spinach leaves in a large bowl or serving platter. Compose the salad by layering all your toppings and serve with hot dressing on the side. Toss & serve.

Ayurvedic Green Soup (workshare lunch)

- ¼ t. salt
- ¼ t. turmeric
- 1 t. garam masala
- 1 T. ghee or butter
- 8 oz. Water
- 16 oz fresh greens (spinach, kale, sorrel, arugula, collard, pea shoots....)
- 4 oz lifeline cheese curds or paneer

In a pot combine salt, turmeric, garam masala, butter and water. Bring to a boil. Turn down and add greens. Cook just until they turn bright green. Puree and add curds or paneer. Serve.