

# The Spinach Cookbook

550 Recipes

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# Spinach Caramelized Onion And Muenster Au

## Ingredients

8 red potatoes, cubed  
5 ounces fresh spinach leaves  
1/4 cup butter  
1 onion, sliced  
1 teaspoon minced garlic  
3 tablespoons all-purpose flour  
1/2 teaspoon salt  
1 cup milk  
1 cup heavy cream  
2 cups shredded Muenster cheese

## Directions

Preheat an oven to 400 degrees F (200 degrees C). Combine the potatoes and spinach in a 9x13-inch baking dish; set aside.

Melt 3 tablespoons of butter in a saucepan over medium-low heat. Stir in the onion, and cook until dark brown, about 15 minutes. Stir in the garlic and flour; cook 1 minute more. Season with salt, and stir in the milk and cream. Bring to a simmer over medium heat; cook and stir until the sauce has thickened, about 10 minutes. Stir in 3/4 of the Muenster cheese until melted, and pour over the potatoes.

Cover the potatoes with aluminum foil, and bake in the preheated oven 30 minutes. Uncover, and cook 20 minutes more, then sprinkle with the remaining Muenster cheese, return to the oven, and bake until the potatoes are tender and the cheese is bubbly, about 10 minutes more.

# Warm Chicken Spinach Salad

## Ingredients

3 cups torn fresh spinach  
1 (11 ounce) can mandarin  
oranges, drained  
1/2 cup sliced fresh mushrooms  
3 slices red onion, halved  
1/2 pound skinless, boneless  
chicken breast halves - cut into  
strips  
1/4 cup chopped walnuts  
2 tablespoons olive or vegetable  
oil  
2 teaspoons cornstarch  
1/2 teaspoon ground ginger  
1/4 cup orange juice  
1/4 cup red wine vinegar or cider  
vinegar

## Directions

On two salad plates, arrange spinach, oranges, mushrooms and onion; set aside. In a skillet, saute chicken and walnuts in oil until chicken is no longer pink. In a small bowl, combine the cornstarch, ginger, orange juice and vinegar until smooth; stir into the chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over salads and serving immediately.

# Spinach Dip With Cajun Pita Chips

## Ingredients

2 cups sour cream  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
1/4 cup finely chopped sweet red  
pepper  
1/4 cup chopped green onions  
1 garlic clove, minced  
1/4 teaspoon salt  
1/4 teaspoon hot pepper sauce

### CHIPS:

5 pita breads, halved and split  
1/2 cup butter, melted  
1/2 teaspoon Cajun seasoning  
1/4 teaspoon ground cumin

## Directions

In a bowl, combine the sour cream, spinach, red pepper, onions, garlic, salt and hot pepper sauce. Cover and refrigerate for at least 1 hour.

Meanwhile, for chips, cut each pita half into four wedges. Combine the butter, Cajun seasoning and cumin; brush over rough side of pita wedges. Place on ungreased baking sheets. Bake at 400 degrees F for 8-10 minutes or until chips are golden brown and crisp. Serve with dip.

# Spring Strawberry Spinach Salad

## Ingredients

1 bunch spinach, rinsed  
10 large strawberries, sliced  
1/2 cup white sugar  
1 teaspoon salt  
1/3 cup white wine vinegar  
1 cup vegetable oil  
1 tablespoon poppy seeds

## Directions

In a large bowl, mix the spinach and strawberries.

In a blender, place the sugar, salt, vinegar, and oil, and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries, and toss to coat.

# Spinach, Artichoke and Crab Wontons

## Ingredients

1 cup mayonnaise  
1 cup grated Parmesan cheese  
2 cups shredded mozzarella cheese  
1 (14 ounce) can artichoke hearts, drained and chopped  
1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
1/2 (6 ounce) can crabmeat  
1 clove garlic, minced  
1/2 teaspoon onion powder  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground white pepper  
1 (16 ounce) package wonton wrappers  
1/2 cup diced green onion

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Mix mayonnaise, Parmesan cheese, mozzarella cheese, artichoke hearts, spinach, crabmeat, garlic, onion powder, black pepper, and white pepper in a bowl. Set aside.

Place wonton wrappers into mini muffin tins and bake in the preheated oven until lightly golden, about 5 minutes. Remove from oven and scoop about 1 teaspoon of the crab mixture into each wrapper. Return to the oven and continue baking until wontons are golden brown and the filling is hot, about 5 minutes more. Garnish with green onions and serve immediately.

# Garlic, Spinach, and Chickpea Soup

## Ingredients

2 tablespoons olive oil  
4 cloves garlic, peeled and crushed  
1 medium onion, coarsely chopped  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1 1/3 quarts vegetable stock  
3 medium potatoes, peeled and chopped  
1 (15 ounce) can garbanzo beans, drained  
1 cup heavy cream  
2 tablespoons tahini  
2 tablespoons corn meal  
1/2 pound spinach, rinsed and chopped  
ground cayenne pepper to taste  
salt to taste

## Directions

Heat olive oil in a large pot over medium heat, and stir in garlic and onion. Cook until tender. Season with cumin and coriander.

Mix vegetable stock and potatoes into the pot, and bring to a boil. Reduce heat, and simmer about 10 minutes. Stir in the garbanzo beans, and continue to cook until potatoes are tender.

In a small bowl, blend the heavy cream, tahini, and corn meal. Mix into the soup.

Stir spinach into the soup. Season with cayenne pepper and salt. Continue to cook until spinach is heated through.

# Spinach and Rice (Spanakorizo)

## Ingredients

1/3 cup olive oil  
2 onions, chopped  
2 pounds fresh spinach, rinsed and stemmed  
1 (8 ounce) can tomato sauce  
2 cups water  
1 teaspoon dried dill weed  
1 teaspoon dried parsley  
salt and pepper to taste  
1/2 cup uncooked white rice

## Directions

Heat olive oil in a large skillet over medium-high heat. Saute onions in the oil until soft and translucent. Add spinach, and cook stirring for a few minutes, then pour in the tomato sauce and water. Bring to a boil, and season with parsley, dill, salt and pepper. Stir in rice, reduce heat to low, and simmer uncovered for 20 to 25 minutes, or until rice is tender. Add more water if necessary.



# Lentils And Spinach

## Ingredients

1 tablespoon vegetable oil  
2 white onions, halved and sliced into 1/2 rings  
3 cloves garlic, minced  
1/2 cup lentils  
2 cups water  
1 (10 ounce) package frozen spinach  
1 teaspoon salt  
1 teaspoon ground cumin  
freshly ground black pepper to taste  
2 cloves garlic, crushed

## Directions

Heat oil in a heavy pan over medium heat. Saute onion for 10 minutes or so, until it begins to turn golden. Add minced garlic and saute for another minute or so.

Add lentils and water to the saucepan. Bring mixture to a boil. Cover, lower heat, and simmer about 35 minutes, until lentils are soft ( this may take less time, depending on your water and the lentils).

Meanwhile cook the spinach in microwave according to package directions. Add spinach, salt and cumin to the saucepan. Cover and simmer until all is heated, about ten minutes. Grind in plenty of pepper and press in extra garlic to taste.

# Carrot, Tomato, and Spinach Quinoa Pilaf

## Ingredients

2 teaspoons olive oil  
1/2 onion, chopped  
1 cup quinoa  
2 cups water  
2 tablespoons vegetarian chicken-flavored bouillon granules  
1 teaspoon ground black pepper  
1 teaspoon thyme  
1 carrot, chopped  
1 tomato, chopped  
1 cup baby spinach

## Directions

Heat the olive oil in a sauce pan over medium heat; cook and stir the onion in the hot oil until translucent, about 5 minutes. Lower the heat, stir in quinoa, and toast, stirring constantly, for 2 minutes. Stir in the water, bouillon granules, black pepper, and thyme; raise heat to high and bring to a boil. Cover, reduce heat to low, and simmer for 5 minutes.

Stir in the carrots. Cover and simmer until all water is absorbed, about 10 more minutes. Turn off the heat, add the tomatoes and spinach, and stir until the spinach is wilted and the tomatoes have given off their moisture, about 2 minutes.

# Spinach and Chicken Salad

## Ingredients

1 (10 ounce) bag fresh spinach,  
rinsed and dried  
4 cooked skinless, boneless  
chicken breast halves, sliced  
1 zucchini, halved lengthwise and  
sliced  
1 red bell pepper, chopped  
1/2 cup black olives  
3 ounces fontina cheese,  
shredded  
1/2 cup fat-free roasted garlic  
salad dressing

## Directions

Place equal portions of spinach onto four salad plates. Arrange chicken, zucchini, bell pepper, and black olives over spinach, and top with cheese. Drizzle dressing over salad.

# Blackberry Spinach Salad

## Ingredients

3 cups baby spinach, rinsed and dried  
1 pint fresh blackberries  
6 ounces crumbled feta cheese  
1 pint cherry tomatoes, halved  
1 green onion, sliced  
1/4 cup finely chopped walnuts (optional)  
1/2 cup edible flowers (optional)

## Directions

In a large bowl, toss together baby spinach, blackberries, feta cheese, cherry tomatoes, green onion, and walnuts. Garnish with edible flowers.

# Sausage Spinach Manicotti

## Ingredients

2 cups shredded mozzarella cheese, divided  
1 1/2 cups small curd cottage cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup grated Parmesan cheese  
1 egg, lightly beaten  
1/4 teaspoon dried oregano  
1 garlic clove, minced  
10 uncooked manicotti shells  
1 pound bulk Italian sausage  
1 (26 ounce) jar spaghetti sauce  
3/4 cup water

## Directions

In a large bowl, combine 1 cup mozzarella cheese, cottage cheese, spinach, Parmesan cheese, egg, oregano and garlic; stuff into uncooked manicotti shells. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

Crumble sausage into a large skillet; cook over medium heat until no longer pink. Drain. Stir in spaghetti sauce; pour over manicotti. Pour water along sides of pan. Cover and bake at 350 degrees F for 1 hour. Uncover; sprinkle with remaining mozzarella. Bake 5-8 minutes longer or until cheese is melted. Let stand for 10 minutes before serving.

# Delicious Spinach and Turkey Lasagna

## Ingredients

9 whole-wheat lasagna noodles  
1 teaspoon olive oil  
1/2 cup chopped onion  
1 pound ground turkey breast  
3 cups tomato sauce  
1/2 cup sliced fresh mushrooms  
3 tablespoons Italian seasoning  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
6 cups chopped fresh spinach  
2 cups fat-free ricotta cheese  
1/4 teaspoon ground nutmeg  
2 cups shredded mozzarella cheese

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.

Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 2 minutes. Add ground turkey and cook 5 to 7 minutes more, stirring to break up any large chunks of meat. Stir in tomato sauce, mushrooms, Italian seasoning, black pepper, and garlic powder. Simmer for 2 minutes and season to taste.

Combine spinach, ricotta, and nutmeg in a large bowl.

To assemble, arrange 3 noodles lengthwise in the bottom of a greased 9x13 inch baking dish. Spread with 1/3 the ricotta mixture, 1/3 of the turkey mixture, and 1/3 of the mozzarella. Repeat layers, ending with remaining mozzarella. Bake in preheated oven for 25 minutes. Cool for 5 minutes before serving.

# Hot Swiss and Spinach Dip with Yogurt

## Ingredients

1/2 cup creamy salad dressing, e.g. Miracle Whip  
1/2 cup plain yogurt  
1 (10 ounce) package frozen chopped spinach - thawed, drained and squeezed dry  
1 (4 ounce) can chopped green chile peppers, drained  
1 cup shredded Swiss cheese  
3/4 cup grated Parmesan cheese  
1 clove garlic, peeled and minced  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1 small tomato, diced

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together creamy salad dressing, plain yogurt, chopped spinach, green chile peppers, Swiss cheese, Parmesan cheese, garlic, salt and ground black pepper.

Transfer the mixture to a 9 inch pie pan. Bake in the preheated oven 25 to 30 minutes, until bubbly and lightly browned. Sprinkle with tomato before serving.

# PHILLY Make-Ahead Spinach Phyllo Roll-Ups

## Ingredients

1/2 cup finely chopped green onions  
1 egg, lightly beaten  
1 (250 g) tub PHILADELPHIA Cream Cheese Spread  
1 cup KRAFT Feta with Oregano, Sun Dried Tomatoes and Cracked Peppercorns  
1 (300 g) package frozen chopped spinach, thawed, well drained  
9 sheets frozen phyllo pastry, thawed, divided  
1/3 cup butter, melted, divided

## Directions

Combine all ingredients except phyllo and butter; set aside. Place 1 of the phyllo sheets on clean work surface; brush lightly with butter. Top with 2 more phyllo sheets, brushing more of the remaining butter between each layer. Place remaining phyllo between sheets of plastic wrap; set aside.

Spread one-third of the spinach mixture along one short side of phyllo stack. Fold in ends; roll up to make log. Brush with some of the remaining butter. Repeat with remaining phyllo sheets, spinach mixture and butter. To prevent phyllo from cracking, score logs at 1 inch intervals.

Place in large freezer-weight resealable plastic bags or wrap tightly in plastic wrap until ready to bake. Remove from freezer 30 minutes before baking. Let stand at room temperature while preheating oven to 375 degrees F. Place on baking sheet.

Bake 25 minutes or until golden brown. Cool 5 minutes. Transfer to cutting board. Use serrated knife to cut each log into 10 slices to serve.



# Spinach Potatoes Au Gratin

## Ingredients

5 cups red potatoes  
1/4 cup water  
3 tablespoons butter or margarine  
1/4 cup chopped onion  
1/4 cup all-purpose flour  
2 cups milk  
1 cup shredded Cheddar cheese  
1 teaspoon salt  
1 cup chopped fresh spinach  
1 tablespoon diced pimientos  
4 bacon strips, cooked and crumbled

## Directions

In a 2-qt. microwave-safe dish, combine potatoes and water. Cover and microwave on high for 8-9 minutes or until potatoes are tender, stirring twice. Drain; set potatoes aside. In a large microwave-safe bowl, heat butter on high until melted, about 30 seconds. Add onion. Microwave, uncovered, for 1-2 minutes or until tender, stirring once. Whisk in flour until blended. Gradually stir in the milk. Cook, uncovered, on high for 2-1/2 minutes; stir. Cook 3-4 minutes longer, stirring every minute, or until sauce is thickened and bubbly. Stir in cheese and salt. Pour over potatoes. Add spinach and pimientos; mix well. Microwave, uncovered, on high for 2-3 minutes or until heated through, stirring once. Sprinkle with bacon.

# Spinach and Mushroom Frittata

## Ingredients

vegetable cooking spray  
10 eggs  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Mushroom  
Soup (Regular or 98% Fat Free)  
1 (10 ounce) package frozen  
spinach, thawed and well drained  
1 1/2 cups shredded Swiss  
cheese or Jarlsberg cheese  
1/2 teaspoon ground black  
pepper

## Directions

Heat the oven to 375 degrees F. Spray a 2-quart shallow baking dish with the cooking spray.

Beat the eggs in a large bowl with a fork or whisk. Stir in the soup. Stir in the spinach, 1 cup cheese and black pepper. Pour the egg mixture into the baking dish.

Bake for 35 minutes or until set. Sprinkle with the remaining cheese.

# Creamed Spinach III

## Ingredients

1/2 cup heavy cream  
2 tablespoons unsalted butter  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
ground black pepper to taste  
1 pound fresh spinach

## Directions

In a medium saucepan over medium heat, mix heavy cream, butter, nutmeg, salt and pepper. Stirring constantly, bring to a boil, then reduce heat to simmer.

Place spinach in a vegetable steamer, and steam until leaves are wilted. Drain in a colander, pressing out excess water with a large spoon.

Coarsely chop spinach in a food processor, and gradually stir into the heavy cream mixture. Briefly return to boiling, then remove from heat.

# Cheesy Spinach Casserole

## Ingredients

3/4 cup chopped onion  
1 tablespoon butter or stick margarine  
2 eggs  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
2 cups small curd 2% cottage cheese  
1 cup shredded reduced-fat Cheddar cheese  
3 tablespoons all-purpose flour  
1/8 teaspoon salt

## Directions

In a small nonstick skillet, saute onion in butter until tender. In large bowl, combine the eggs, egg white and spinach. Stir in the cottage cheese, cheddar cheese, flour, salt and onion mixture. Pour into a 1 -1/2-qt. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 50-60 minutes or until set.

# Gouda and Spinach Stuffed Pork Chops

## Ingredients

4 (6 ounce) thick cut pork chops  
8 slices smoked Gouda cheese  
1/2 pound fresh spinach, rinsed  
and torn into bite-size pieces  
3 tablespoons horseradish  
mustard  
1 cup panko crumbs or  
breadcrumbs  
Creole-style seasoning to taste

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Lay each chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, leaving three sides intact. Stuff each chop with spinach, and then with cheese.

Place panko crumbs in a shallow dish. Coat each chop with a thin layer of horseradish, and then roll in crumbs. Arrange chops in prepared baking dish. Sprinkle with Creole seasoning to taste.

Bake in preheated oven for 45 minutes, or until brown and crispy.

# Spinach Pecan Bake

## Ingredients

1 medium onion, finely chopped  
1/4 cup butter or margarine  
3 (10 ounce) packages frozen spinach, thawed and drained  
1/2 cup half-and-half cream  
1/2 cup coarsely chopped pecans  
1/3 cup dry bread crumbs  
1 teaspoon salt  
1/2 teaspoon ground nutmeg  
1/8 teaspoon pepper  
TOPPING:  
1/4 cup dry bread crumbs  
2 tablespoons butter or margarine, melted

## Directions

In a skillet, saute onion in butter until tender. In a large bowl, combine onion, spinach, cream, pecans, bread crumbs, salt, nutmeg and pepper; mix well. Transfer to a greased 1-1/2-qt. baking dish. Combine topping ingredients; sprinkle over the spinach mixture. Bake, uncovered, at 350 degrees F for 30 minutes or until lightly browned.

# Spinach Balls

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
2 cups finely crushed herb-seasoned dry bread stuffing mix  
1/2 cup grated Parmesan cheese  
2 teaspoons garlic powder  
1/2 teaspoon ground black pepper  
1 teaspoon Italian seasoning  
1/2 cup melted butter  
3 eggs, beaten

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine spinach, stuffing mix, Parmesan cheese, garlic powder, black pepper, Italian seasoning, melted butter and eggs. Shape into walnut-sized balls and place on a baking sheet.

Bake in preheated oven for 20 minutes, or until heated through and browned.

# Egg and Spinach Casserole

## Ingredients

6 eggs, beaten  
3/4 cup onion, chopped  
1/4 cup all-purpose flour  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (16 ounce) package small curd  
cottage cheese  
1 (16 ounce) package shredded  
Cheddar cheese  
1/2 cup butter, melted  
salt and pepper to taste

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking dish with cooking spray.

Beat the eggs in a mixing bowl with the onion and flour until the flour is no longer lumpy. Stir in the spinach, cottage cheese, Cheddar cheese, butter, salt, and pepper until evenly combined; pour into the prepared dish.

Bake in the preheated oven until the casserole is bubbly and the top is golden brown, about 45 minutes.



# Spinach Dip

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed  
1 cup minced onion  
2 cloves garlic, minced  
1 cup minced red bell pepper  
1/2 cup sour cream  
1/2 cup mayonnaise  
1 teaspoon ground cumin  
1/2 teaspoon salt

## Directions

Squeeze the water out of the spinach, and place the spinach into a mixing bowl. Stir in the onion, garlic, vegetables, sour cream, mayonnaise, and cumin. Season with salt and pepper. Let the dip stand at room temp for 1/2 hour for the flavors to mix, and stir again before serving. This dip keeps well in the fridge, covered, for up to 1 week.

# Spinach with Apples and Pine Nuts

## Ingredients

2 tablespoons olive oil  
2 cloves garlic, slivered  
2 tablespoons pine nuts  
1 apple - peeled, cored and chopped  
1 (10 ounce) bag fresh spinach  
salt and black pepper to taste

## Directions

Heat the olive oil in a large skillet or wok over low heat. Add the garlic, pine nuts, and apple; cook until the nuts and garlic are golden and the apple is just soft, 3 to 5 minutes.

Increase the heat to medium, and add the spinach to the skillet. Stir and cook another 2 to 3 minutes. Season with salt and pepper to taste.

# Greek-Style Shrimp Salad on a Bed of Baby

## Ingredients

1 pound raw shrimp (26 to 30 count), peeled  
Olive oil to taste  
Salt and pepper to taste  
Sugar to taste  
2 medium tomatoes, cut into medium dice  
1/2 cup crumbled feta cheese  
1/2 cup pitted and coarsely chopped Kalamata or other black olives  
1 teaspoon dried oregano  
1/4 cup olive oil  
4 teaspoons red wine vinegar  
1 (10 ounce) package factory-washed baby spinach leaves

## Directions

Thread shrimp onto metal skewers (or bamboo ones that have been soaked in water for 15 minutes). Brush both sides with oil and season with salt, pepper and a light sprinkling of sugar.

Heat gas grill, with all burners on high, until fully preheated, 10 to 15 minutes. Use a wire brush to clean grill rack, then brush lightly with oil. Close lid and allow to return to temperature. Grill shrimp until fully cooked and spotty brown, about 2 minutes per side.

Meanwhile, mix in a medium bowl the tomatoes, cheese, olives, oregano, 2 Tbs. of the olive oil and 2 tsps. of the vinegar. Unthread shrimp and add to bowl. Lightly toss ingredients to coat. Set aside. (Can be made an hour or so ahead.)

When ready to serve, drizzle remaining oil, as well as a generous sprinkling of salt and pepper, over spinach in a large bowl. Toss to coat. Add remaining 2 tsps. vinegar; toss again. Divide spinach among 4 large plates. Top with a portion of the shrimp mixture.

# Spinach Ziti

## Ingredients

8 ounces ziti pasta  
1 (14.5 ounce) can Italian-style  
stewed tomatoes  
1/8 teaspoon crushed red pepper  
flakes  
4 ounces fresh spinach, washed  
and chopped  
2 ounces cream cheese  
1/4 teaspoon ground nutmeg

## Directions

Bring a large pot filled with salted water to a boil. Add ziti and cook until tender but still firm, about 12 minutes.

Meanwhile, in a medium sized non-reactive pan, combine tomatoes and hot pepper flakes. Warm over medium-low heat, breaking up tomatoes if necessary.

Drain pasta and return to hot pan. Add spinach, cream cheese and nutmeg. Cook, stirring, over low heat until spinach wilts, 1-2 minutes. Pour tomato sauce over spinach ziti. Stir and toss gently to mix.

# Fresh Spinach and Tarragon Salad

## Ingredients

1 bunch spinach, rinsed and torn into bite-size pieces  
2 eggs  
5 slices bacon  
1/2 cup vegetable oil  
2 tablespoons red wine vinegar  
1 teaspoon white sugar  
1/2 teaspoon salt  
1/2 teaspoon dried tarragon  
1/4 teaspoon ground black pepper

## Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Combine the spinach, egg and bacon.

Whisk together the oil, vinegar, sugar, salt, tarragon and pepper. Pour enough dressing over salad to coat; toss and serve.

# Easy Spinach Souffle

## Ingredients

1 egg  
1/3 cup 1% milk  
1/3 cup grated Parmesan cheese  
1 teaspoon crushed garlic  
salt and pepper to taste  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl whisk together egg, milk, cheese, garlic, salt and pepper. Fold in spinach. Place in a small casserole dish.

Bake in preheated oven for 20 minutes, or until lightly set.

NOTE: If you are in a hurry, use a microwave safe casserole dish, cover with plastic wrap, and cook on high for 3 minutes. Release the steam, recover, and cook on high for another 3 minutes. Enjoy!

# Yummy Spinach Dip

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (16 ounce) container sour cream  
3/4 cup mayonnaise  
3 green onions, chopped  
1 (1 ounce) package dry vegetable dip mix  
1 (8 ounce) can water chestnuts, drained and chopped  
2 teaspoons prepared Dijon-style mustard

## Directions

In a medium bowl, mix together chopped spinach, sour cream, mayonnaise, green onions, dry vegetable dip mix, water chestnuts and prepared Dijon-style mustard. Chill in the refrigerator 8 hours, or overnight, before serving.

# Turkey Lasagna with Butternut Squash, Zucchini,

## Ingredients

2 tablespoons vegetable oil  
1 onion, diced  
4 cloves garlic, chopped  
1 (20 ounce) package ground turkey  
1 (28 ounce) can crushed tomatoes  
3 (6 ounce) cans tomato paste  
1 1/2 cups water  
1 1/2 teaspoons dried basil  
1 teaspoon fennel seeds  
1 teaspoon Italian seasoning  
1/4 teaspoon ground black pepper  
1/4 cup chopped fresh parsley  
3 1/2 cups peeled and cubed butternut squash  
1 (10 ounce) package fresh spinach  
1 (15 ounce) container fat-free ricotta cheese  
1 egg  
2 tablespoons chopped fresh parsley  
1/4 teaspoon ground black pepper  
1 (6 ounce) package shredded part-skim mozzarella cheese, divided  
9 no-boil lasagna noodles  
2 zucchini, sliced lengthwise

## Directions

Heat the vegetable oil in a large skillet over medium heat; cook the onion and garlic in the hot oil until fragrant, 5 to 7 minutes. Break the turkey into small pieces into the skillet; cook and stir until completely browned, 7 to 10 minutes. Stir the crushed tomatoes, tomato paste, water, basil, fennel seeds, Italian seasoning, 1/4 teaspoon black pepper, and 1/4 cup parsley into the turkey mixture. Reduce heat to medium-low and simmer, stirring occasionally, until the sauce reaches a desired consistency, 60 to 90 minutes.

While the sauce simmers, place the butternut squash in a large, microwave-safe bowl; cover with plastic wrap and cook in microwave on High until tender, about 5 minutes. Set aside.

Cook and stir the spinach in a large skillet over medium heat until wilted, about 5 minutes. Set aside.

Stir the ricotta cheese, egg, 2 tablespoons parsley, 1/4 teaspoon black pepper, and about 2/3 of the mozzarella cheese together in a bowl. Set aside.

Preheat an oven to 375 degrees F (190 degrees C).

Pour 1 1/2 cups of the sauce into the bottom of a 9x13-inch baking dish. Arrange 3 of the lasagna noodles in a layer over the sauce. Spread 1 cup of the ricotta cheese mixture over the noodles. Sprinkle about half of the butternut squash over the ricotta cheese mixture. Layer about half the wilted spinach over the butternut squash. Lay about half the zucchini slices over the spinach in a layer. Repeat the layering. Top with the 3 remaining lasagna noodles. Spread any remaining ricotta cheese mixture over the top of the lasagna. Finish by topping with any remaining sauce mixture. Cover with aluminum foil.

Bake in the preheated oven for 30 minutes. Remove the aluminum foil and sprinkle the remaining mozzarella over the top of the lasagna. Return to oven and bake uncovered until the top is golden brown, about 30 minutes more. Remove and allow the lasagna to rest 15 minutes before cutting to serve.



# Japanese Spinach with Sweet Sesame Seeds

## Ingredients

2 tablespoons sesame oil  
1 tablespoon brown sugar  
10 cups fresh spinach leaves  
4 tablespoons black sesame seeds, toasted

## Directions

Heat the sesame oil in a large skillet over medium heat until hot. Add the spinach 3 to 4 cups at a time. Cook and stir to wilt, then add more spinach.

Grind the sesame seeds into fine crumbs using a mortar and pestle. When spinach is wilted, move it to the sides of the pan and sprinkle sugar in the center. When the sugar melts, stir in the spinach to coat.

Transfer spinach to a serving plate and sprinkle ground sesame seeds on top.

# Spinach Lentil Soup

## Ingredients

1 cup shredded carrots  
1 large onion, chopped  
1 tablespoon olive oil  
6 cups water  
1 (16 ounce) jar salsa  
1 1/4 cups dried lentils, rinsed  
3/4 teaspoon salt  
1 (10 ounce) package fresh  
spinach, torn

## Directions

In a large saucepan or Dutch oven, saute carrots and onion in oil until tender. Add the water, salsa, lentils and salt. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until lentils are tender. Stir in spinach; simmer 5-10 minutes longer or until spinach is wilted.

# Spinach and Spaghetti Squash Quiche

## Ingredients

1/2 cup frozen chopped spinach ,  
thawed, drained and squeezed  
dry  
1/2 cup cooked, shredded  
spaghetti squash  
1 beaten egg  
3 egg whites  
1 (12 fluid ounce) can evaporated  
skim milk  
1 cup part-skim-milk mozzarella  
cheese  
cooking spray  
1/3 cup bread crumbs

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Pierce squash several times with a fork, and place in a microwave-safe dish. Microwave on high for 10 minutes, turn over, and continue cooking 10 minutes more. Squash flesh should be very tender inside. Set aside to cool.

Cut squash in half lengthwise and scoop out seeds. Shred 1/2 cup of squash and place in a mixing bowl. Stir in egg, egg whites, evaporated milk, mozzarella cheese, and spinach until well combined. Spray a 9 inch pie plate or quiche dish with cooking spray. Spread bread crumbs in the bottom and around the sides to coat. Pour egg mixture into prepared dish.

Bake quiche in the preheated oven for 45 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool for at least 10 minutes before cutting. Serve warm or at room temperature.

# Apple Peanut Spinach Salad

## Ingredients

2 (6 ounce) packages fresh baby spinach  
1 medium apple, chopped  
1/4 cup raisins  
2 tablespoons chopped peanuts  
2 tablespoons olive oil  
1 tablespoon sugar  
1 tablespoon cider vinegar  
1 tablespoon chutney  
3/4 teaspoon curry powder  
1/4 teaspoon salt

## Directions

In a large bowl, combine the spinach, apple, raisins and peanuts. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat.

# Spinach-Stuffed Lamb

## Ingredients

3 tablespoons minced garlic  
1 tablespoon olive oil  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry  
8 ounces crumbled goat cheese  
or feta cheese  
3/4 teaspoon salt, divided  
1/4 teaspoon pepper, divided  
1 (5 pound) boneless butterflied  
leg of lamb, trimmed  
3 cloves garlic, slivered  
3 tablespoons minced fresh  
rosemary

## Directions

In a small skillet, saute minced garlic in oil for 2-3 minutes. Remove from the heat; stir in the spinach, cheese, 1/2 teaspoon salt and 1/8 teaspoon pepper.

Untie lamb and open so it lies flat; flatten to 3/4-in. thickness. Spread spinach mixture over meat to within 1 in. of edges. Starting with a short side, roll up lamb and tuck ends in; tie with kitchen string at 2-in. intervals. With a sharp knife, make slits on the outside of meat; insert garlic slivers. Sprinkle with rosemary and remaining salt and pepper.

Place seam side down on a rack in a shallow roasting pan. Cover and bake at 425 degrees F for 1 hour. Uncover; bake 15-30 minutes longer or until browned and a meat thermometer reads 160 degrees F, basting occasionally with pan juices. Let stand for 10-15 minutes before slicing.

# Spinach-Stuffed Steak

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (7 ounce) jar roasted red peppers, drained  
1 egg white  
1/2 cup seasoned bread crumbs  
1/4 cup grated Parmesan cheese  
1/4 cup sunflower kernels, toasted  
1 garlic clove, minced  
1/2 teaspoon salt  
1 (1 1/2-pound) flank steak

## Directions

In a bowl, combine the first eight ingredients; mix well.

Cut steak horizontally from a long edge to within 1/2 in. of opposite edge; open (like a book) and flatten to 1/2-in. thickness. Spread spinach mixture over the steak to within 1 in. of edges. Roll up, jelly-roll style, starting with a long side; tie with kitchen string. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

Cover and bake at 350 degrees for 1 hour. Uncover; bake 30-45 minutes longer or until tender. Let stand for 10-15 minutes. Cut into 1/2-in. slices.

# Spinach Salad with Pepper Jelly Dressing

## Ingredients

3 tablespoons mild pepper jelly  
2 tablespoons olive oil  
1/8 teaspoon salt  
1/8 teaspoon Dijon mustard

2 cups baby spinach leaves  
2 ounces goat cheese, sliced  
2 tablespoons chopped walnuts

## Directions

In a small bowl, whisk together the pepper jelly, olive oil, salt and mustard to make the dressing. Heat in the microwave for 30 seconds. Let cool.

Place the spinach in a large bowl, and toss with the dressing. Divide between two serving bowls. Top each one with slices of goat cheese and sprinkle with walnuts.

# Spinach Garlic Pasta

## Ingredients

1 (16 ounce) package angel hair pasta  
4 cloves garlic, minced  
1 (10 ounce) package frozen chopped spinach, thawed  
1 tablespoon olive oil

## Directions

Cook the pasta in a large pot of boiling salted water until al dente. Drain.

Heat oil in a large skillet. Add the garlic, and cook for 1 minute. Add the spinach and the cooked pasta. Mix well, and cook for approximately 2 minutes, stirring often. Serve.



# Stir-Fry Spinach Salad

## Ingredients

1 (8 ounce) can pineapple chunks  
1 pound skinless, boneless  
chicken breast halves - julienned  
2 tablespoons cooking oil  
1 medium green pepper, julienned  
3 tablespoons brown sugar  
1 tablespoon cornstarch  
1/4 cup ketchup  
3 tablespoons soy sauce  
6 cups torn fresh spinach  
1 cup cherry tomato halves

## Directions

Drain pineapple, reserving 3 tablespoons juice in a small bowl; set pineapple aside. (Discard remaining juice or save for another use.) In a skillet or wok, stir-fry chicken in oil for 5 minutes or until no longer pink. Add green pepper; stir-fry for 2-4 minutes or until crisp-tender. Meanwhile, add brown sugar and cornstarch to pineapple juice; mix well. Stir in ketchup, vinegar and soy sauce until smooth; add to skillet and cook until thickened. On a large serving platter, arrange spinach, pineapple and tomatoes. Top with chicken and green pepper; serve immediately.

# Strawberry Spinach Salad I

## Ingredients

2 tablespoons sesame seeds  
1 tablespoon poppy seeds  
1/2 cup white sugar  
1/2 cup olive oil  
1/4 cup distilled white vinegar  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire  
sauce  
1 tablespoon minced onion  
10 ounces fresh spinach - rinsed,  
dried and torn into bite-size  
pieces  
1 quart strawberries - cleaned,  
hulled and sliced  
1/4 cup almonds, blanched and  
slivered

## Directions

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

# Mushroom and Spinach Ravioli with Chive Butter

## Ingredients

1 teaspoon olive oil  
1 1/2 tablespoons water, or more if needed  
2 eggs  
2 cups all-purpose flour, or more if needed  
1/4 teaspoon salt

1 teaspoon olive oil  
1 clove garlic, minced  
1/2 cup chopped onion  
1 (8 ounce) package fresh mushrooms, coarsely chopped  
4 ounces cream cheese, softened  
1/3 cup grated Parmesan cheese  
1/2 cup mozzarella cheese  
1/2 cup frozen chopped spinach, thawed and drained  
1 tablespoon chopped fresh chives  
1 tablespoon chopped fresh parsley  
1/2 teaspoon ground cayenne pepper  
salt and ground black pepper to taste  
1 egg white, beaten

3 tablespoons butter  
1 1/2 teaspoons chopped fresh chives

## Directions

Whisk together 1 teaspoon olive oil, water, and whole eggs in a bowl until evenly blended; set aside. Combine flour and salt in a separate large bowl, and make a well in the center. Pour the egg mixture into the well and stir just until combined. Turn dough out onto a lightly floured surface and knead until smooth, 5 to 10 minutes, adding more flour or water as needed. Wrap dough tightly with plastic wrap, and set aside to rest.

Heat 1 teaspoon olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion begins to soften, about 2 minutes. Add the mushrooms, and continue cooking and stirring until the vegetables are soft and the liquid has evaporated, about 10 minutes. Remove from heat, and allow to cool.

Beat cream cheese in a bowl until smooth. Stir in the cooled mushroom mixture, Parmesan cheese, mozzarella cheese, spinach, 1 tablespoon chives, parsley, and cayenne pepper. Season with salt and pepper.

Roll the pasta dough out to about 1/16 inch thick. Cut 3 to 4-inch circles using a large cookie cutter. Roll each circle out as thin as possible. Working with one circle at a time, brush the pasta lightly with the egg white. Scoop about 1 heaping tablespoon full of the mushroom filling onto the center of the pasta, then cover with a second piece of pasta, pinching the edges to seal. Cut the sealed ravioli with the cookie cutter once more to create a uniform shape. Place the finished ravioli on a floured baking sheet, and repeat the process with the remaining pasta and filling.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ravioli and return to a boil. Cook until the pasta floats to the top, 3 to 4 minutes; drain.

To make sauce: Melt butter in a skillet over high heat, cooking and stirring until browned, 5 to 7 minutes. Stir in 1 1/2 teaspoons chives. Serve over hot ravioli.

# Spinach, Sausage and Cheese Bake

## Ingredients

1 pound Italian sausage  
1 (8 ounce) can tomato sauce  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
2 cups cottage cheese  
1/2 cup grated Parmesan cheese  
1 egg, beaten  
2 cups shredded mozzarella  
cheese

## Directions

Brown sausage in skillet over medium high heat. Drain fat from skillet and stir in tomato sauce. Set mixture aside.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the spinach, cottage cheese, Parmesan cheese and egg. Mix well and spread mixture in the bottom of a 9x13 inch baking dish. Spoon sausage mixture over spinach mixture and top with mozzarella cheese.

Bake in preheated oven for 40 minutes.

# Apple-Strawberry Spinach Salad

## Ingredients

1 pound fresh spinach, torn  
2 cups chopped unpeeled Granny Smith apples  
3/4 cup fresh bean sprouts  
1/2 cup sliced fresh strawberries  
1/4 cup crumbled cooked bacon  
DRESSING:  
3/4 cup vegetable oil  
1/3 cup white wine vinegar  
1 small onion, grated  
1/2 cup sugar  
2 teaspoons Worcestershire sauce  
2 teaspoons salt

## Directions

In a large salad bowl, combine the first five ingredients. In a small bowl, whisk together all dressing ingredients. Just before serving, pour over salad and toss.

# Sweet-Sour Spinach Salad

## Ingredients

1 cup sugar  
1 tablespoon all-purpose flour  
1/4 teaspoon ground mustard  
Dash salt  
1/3 cup cold water  
1/3 cup white vinegar  
1 egg, lightly beaten  
18 cups fresh spinach, torn  
3 hard-cooked eggs, sliced  
1/2 pound sliced bacon, cooked  
and crumbled  
4 slices red onion, separated into  
rings

## Directions

In a small saucepan, combine the sugar, flour, mustard and salt. Gradually stir in water and vinegar until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Gradually stir a small amount of hot dressing into beaten egg; return all to the pan, stirring constantly. Bring to a gentle boil.

Place spinach in a large salad bowl. Drizzle with warm dressing; toss to coat. Top with the hard-cooked eggs, bacon and onion. Serve immediately.

# Spinach-Green Bean Casserole

## Ingredients

3/4 cup milk  
1 cup sour cream  
1 (10.75 ounce) can condensed  
cream of mushroom soup  
2 (15 ounce) cans green beans,  
drained  
1 (14 ounce) can chopped  
spinach, drained  
2 (2.8 ounce) cans French fried  
onions

## Directions

Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a casserole dish.

Stir the milk, sour cream and cream of mushroom soup together in a large bowl. Fold in the green beans and spinach, and mix in about half of the onions. Pour into the casserole dish and top with the remaining onions.

Bake uncovered in the preheated oven until bubbly and browned on top, about 40 minutes.

# Greek Pizza with Spinach, Feta and Olives

## Ingredients

1/2 cup mayonnaise  
4 cloves garlic, minced  
1 cup crumbled feta cheese,  
divided  
1 (12 inch) pre-baked Italian pizza  
crust  
1/2 cup oil-packed sun-dried  
tomatoes, coarsely chopped  
1 tablespoon oil from the sun-  
dried tomatoes  
1/4 cup pitted kalamata olives,  
coarsely chopped  
1 teaspoon dried oregano  
2 cups baby spinach leaves  
1/2 small red onion, halved and  
thinly sliced

## Directions

Adjust oven rack to lowest position, and heat oven to 450 degrees.  
Mix mayonnaise, garlic and 1/2 cup feta in a small bowl. Place pizza  
crust on a cookie sheet; spread mayonnaise mixture over pizza,  
then top with tomatoes, olives and oregano. Bake until heated  
through and crisp, about 10 minutes.

Toss spinach and onion with the 1 Tb. sun-dried tomato oil. Top hot  
pizza with spinach mixture and remaining 1/2 cup feta cheese.  
Return to oven and bake until cheese melts, about 2 minutes longer.  
Cut into 6 slices and serve.



# Belle and Chron's Spinach and Mushroom Quiche

## Ingredients

6 slices bacon  
4 eggs, beaten  
1 1/2 cups light cream  
1/4 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 cups chopped fresh spinach  
2 cups chopped fresh mushrooms  
1/2 cup chopped onions  
1 cup shredded Swiss cheese  
1 cup shredded Cheddar cheese  
1 (9 inch) deep dish pie crust

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large bowl, whip together eggs, cream, nutmeg, salt, and pepper. Stir in bacon, spinach, mushrooms, onions, 3/4 cup Swiss cheese, and 3/4 cup Cheddar cheese. Transfer to the pie crust. Top with remaining cheese.

Bake uncovered in the preheated oven 35 minutes, or until bubbly and lightly browned.

# Easy Spinach Dip

## Ingredients

10 slices bacon  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1/2 cup salsa  
1 (8 ounce) package cream  
cheese  
1/3 cup chopped green onions  
1 cup diced tomatoes  
1/2 cup shredded mozzarella  
cheese  
1/4 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon ground black  
pepper  
1/4 teaspoon garlic powder

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a medium saucepan over medium heat, cook and stir the spinach, salsa, cream cheese and green onions until the cream cheese has melted. Mix in the crumbled bacon and tomatoes. Remove from heat. Mix in the mozzarella cheese, cumin, salt, pepper and garlic powder.

# Chicken Spinach Quiche

## Ingredients

1 cup shredded Cheddar cheese, divided  
1 (9 inch) unbaked pastry shell  
1 cup diced cooked chicken  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/4 cup finely chopped onion  
2 eggs  
3/4 cup milk  
3/4 cup mayonnaise\*  
1/4 teaspoon salt  
1/8 teaspoon pepper

## Directions

Sprinkle 1/4 cup cheese into the pastry shell. In a bowl, combine the chicken, 1/2 cup spinach, onion and remaining cheese (save remaining spinach for another use). Spoon into pastry shell. In a bowl, whisk the eggs, milk, mayonnaise, salt and pepper; pour over the chicken mixture.

Bake at 350 degrees F for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 15 minutes before cutting.

# Holiday Hot Spinach Dip

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
1/2 cup red bell pepper, diced  
1 tablespoon minced garlic  
1 (6.5 ounce) jar artichoke hearts, drained and mashed  
1/2 cup sour cream  
1/2 cup grated Parmesan cheese  
salt and ground black pepper to taste  
1/4 cup heavy cream

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix together spinach, bell pepper, garlic, artichokes, sour cream, and parmesan cheese. Season with salt and pepper. Mixture will be thick, add cream to thin to dip consistency. Spoon into a 1 quart baking dish.

Bake for 20 minutes, or until bubbly. Serve with crackers.

# Make-Ahead PHILLY Spinach Phyllo Roll-Ups

## Ingredients

1/2 cup finely chopped green onions  
1 egg, beaten  
1 (250 g) tub PHILADELPHIA Cream Cheese Spread  
1 cup KRAFT Feta with Oregano, Sun Dried Tomatoes and Cracked Peppercorns Cheese  
1 (300 g) package frozen chopped spinach, thawed, well drained  
15 sheets frozen phyllo dough, thawed, divided  
1/3 cup butter, melted, divided

## Directions

Combine all ingredients except phyllo and butter. Place 1 phyllo sheet on clean work surface; brush lightly with butter. Top with 2 more phyllo sheets, brushing some of the remaining butter between each layer. Place remaining phyllo between sheets of plastic wrap; set aside.

Spread 1/5 of the spinach mixture along one short side of phyllo stack to within 1 inch of ends. Fold in long sides of phyllo; roll up from one short side to make log. Brush with some of the remaining butter. Repeat with remaining phyllo sheets, spinach mixture and butter. To prevent phyllo from cracking, score logs at 1-inch intervals.

Place in large freezer-weight resealable plastic bags. (Or wrap tightly in plastic wrap until ready to bake.) Remove from freezer 30 minutes before baking. Let stand at room temperature while heating oven to 375 degrees F. Place on baking sheet.

Bake 25 minutes or until golden brown. Cool 5 minutes. Transfer to cutting board. Use serrated knife to cut each log into 6 slices to serve.

# Spinach Sole Roll-Ups

## Ingredients

1 (10 ounce) package frozen leaf spinach, thawed and squeezed dry  
1/2 cup sliced green onions  
1/3 cup sour cream  
1 1/4 pounds sole fillets  
Lemon-pepper seasoning  
1 tablespoon cornstarch  
1 tablespoon water  
1 (14.5 ounce) can stewed tomatoes, undrained

## Directions

In a small bowl, combine the spinach, onions and sour cream. Spread into an ungreased 13-in. x 9-in. x 2-in. baking dish. Cut sole fillets into 6-in. x 2-in. strips; carefully roll up and secure with toothpicks. Place over spinach mixture. Sprinkle with lemon-pepper. Bake, uncovered, at 350 degrees F for 15-20 minutes or until fish flakes easily with a fork.

In a saucepan, combine cornstarch and water until smooth. Gradually add tomatoes. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Discard toothpicks from roll-ups. Spoon tomato sauce over roll-ups and spinach mixture.

# Byrdhouse Spinach Soup

## Ingredients

1/4 cup butter  
1/4 cup flour  
1 (8 ounce) package sliced mushrooms  
1/2 cup dry sherry  
1 (14.5 ounce) can chicken broth  
1 quart milk  
2 bunches fresh spinach, cleaned and chopped  
4 green onions, chopped  
1/2 teaspoon ground nutmeg  
salt and pepper to taste  
8 ounces cooked small shrimp

## Directions

Melt butter in a large saucepan over medium heat. Whisk in flour, and cook until the mixture turns a darker yellow color, about 5 minutes. Stir in the mushrooms, and cook for 2 minutes.

Whisk in the sherry, chicken broth, and milk, then add the spinach, green onion, nutmeg, salt, and pepper. Bring to a boil over high heat, whisking constantly, then reduce heat to medium low, and simmer until the spinach is tender, 15 to 20 minutes. Garnish with shrimp to serve.

# Cumin Lamb Steaks with Smashed Potatoes,

## Ingredients

20 new potatoes, halved  
1 tablespoon butter  
2 cloves garlic, minced  
2 tablespoons brown sugar  
1 cup red wine  
  
4 (6 ounce) lamb shoulder steaks  
salt and pepper to taste  
1 tablespoon cumin seeds  
1 tablespoon vegetable oil  
  
2 bunches fresh spinach, cleaned  
1/4 cup sour cream  
2 tablespoons softened butter

## Directions

Place potatoes into a large saucepan and cover with salted water. Bring to a boil, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Melt the butter in a saucepan over medium heat. Stir in the garlic, and cook for 3 to 4 minutes until the aroma of the garlic has mellowed. Add the brown sugar and red wine, then bring to a boil over medium-high heat. Allow to boil for 5 minutes, then remove from the heat, cover, and keep warm.

Meanwhile, season the lamb steaks with salt and pepper to taste. Press the cumin seeds into the steaks on both sides. Heat the vegetable oil in a large skillet over medium-high heat. Add the steaks, and cook on both sides until cooked to your desired degree of doneness, about 4 minutes per side for medium. Remove the steaks to rest in a warm spot. Place the spinach into the hot skillet, season to taste with salt and pepper, and cook until the spinach has wilted.

Mash the potatoes with the sour cream and butter; season to taste with salt and pepper. To serve, mound a serving of mashed potatoes onto the center of a dinner plate. Top with the spinach and a lamb steak. Strain the red wine sauce overtop.



# Spinach Manicotti

## Ingredients

1 (15 ounce) container nonfat ricotta cheese  
2 cups shredded part-skim mozzarella cheese, divided  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup reduced-fat sour cream  
1/4 cup dry bread crumbs  
1 tablespoon Italian seasoning  
1 teaspoon garlic powder  
1 teaspoon onion powder  
2 cups tomato juice  
1 cup chunky salsa  
1 (15 ounce) can crushed tomatoes  
14 uncooked manicotti shells

## Directions

In a large bowl, combine the ricotta, 1-1/2 cups mozzarella cheese, spinach, sour cream, bread crumbs, Italian seasoning, garlic powder and onion powder. Combine the tomato juice, salsa and crushed tomatoes; spread 1 cup sauce in a ungreased 13-in. x 9-in. x 2-in. baking dish. Stuff uncooked manicotti with spinach mixture; arrange over sauce. Pour remaining sauce over manicotti.

Cover and bake at 350 degrees F for 55 minutes. Uncover; sprinkle with remaining mozzarella cheese. Bake 15 minutes longer or until noodles are tender.

# Best Ever Spinach Artichoke Dip

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (14 ounce) can artichoke hearts,  
drained and chopped  
1 cup shredded Italian cheese  
blend  
1/2 cup mayonnaise  
1 cup Alfredo sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small casserole dish, mix the spinach, artichoke hearts, cheese, mayonnaise, and Alfredo sauce.

Bake 20 minutes in the preheated oven, or until lightly bubbly and lightly browned.

# Spinach Mushroom Quiche

## Ingredients

2 tablespoons butter  
2 cups fresh sliced mushrooms  
2 cups torn spinach leaves  
6 green onions, chopped  
1 (8 ounce) package refrigerated crescent rolls  
1 (1 ounce) package herb and lemon soup mix  
1/2 cup half-and-half  
4 eggs, beaten  
1 cup shredded Monterey Jack cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Melt margarine in a skillet over medium heat and cook mushrooms, spinach and onions for 5 minutes or until tender, stir continuously. Remove the skillet from heat.

In a 9 inch round pan or pie plate coated with non-stick cooking spray arrange crescent roll triangles in a circle, with narrow tips hung over the rim of the pie plate about 2 inches. Press dough onto the bottom and side of the pie plate to fill in any gaps.

In a medium bowl stir together the soup mix, half and half cream and eggs. Stir the cheese and cooked vegetables into the egg mixture until blended. Pour into the prepared crust. Fold the points of dough that are hanging over the edge back in over the filling.

Bake the quiche for 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean.

# Pan Seared Sea Bass with Warm Spinach Salad

## Ingredients

1/4 cup CRISCO® Canola Oil\*, divided  
4 (6 ounce) fillets sea bass  
Salt and pepper to taste  
1 red onion, cut into thin strips  
2 cups button mushrooms, sliced  
1 tomato, cut into 8 wedges  
1 pound fresh baby spinach, stems removed  
4 slices crisply cooked bacon, chopped  
3 tablespoons sunflower seeds  
1 tablespoon balsamic vinegar

## Directions

In a large heavy skillet heat 2 tablespoons CRISCO® Oil over medium-high heat, until hot but not smoking. Sprinkle fillets with salt and pepper. Cook on one side, about 7 minutes, or until golden brown. Carefully turn each fillet; cook 5 minutes more. Remove from the pan and set aside.

Add the remaining CRISCO® Oil to the pan. Add onions, mushrooms, tomato, spinach, bacon and sunflower seeds; saute quickly over medium-high heat. Add vinegar; toss and cook just until warm. Place spinach mixture on 4 serving plates; top each with a sea bass fillet.

# Hot Spinach and Artichoke Salad

## Ingredients

1 tablespoon olive oil  
1 (10 ounce) package spinach -  
rinsed, stemmed, and dried  
1 red onion, thinly sliced  
1 (8 ounce) jar marinated artichoke  
hearts  
1 cup crumbled feta cheese

## Directions

Preheat oven to 300 degrees F (150 degrees C).

Drizzle olive oil on a rimmed baking sheet. Spread spinach leaves in a thick layer covering the baking sheet. Arrange onions and artichokes over the spinach, and drizzle the marinade from the jar over the entire salad. Sprinkle with the cheese (and sausage, if you wish).

Bake for about 10 minutes, or until the spinach is wilted but NOT crispy.

# Spinach and Artichoke Dip

## Ingredients

1 (14 ounce) can artichoke hearts,  
drained and chopped  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 cup mayonnaise  
1 cup grated Parmesan cheese  
2 1/2 cups shredded Monterey  
Jack cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 quart baking dish.

In a medium bowl, mix together artichoke hearts, spinach, mayonnaise, Parmesan cheese and 2 cups Monterey Jack cheese. Transfer mixture to the prepared baking dish, and sprinkle with remaining 1/2 cup of Monterey Jack cheese.

Bake in the center of the preheated oven until the cheese is melted, about 15 minutes.

# Spinach Salad With Ease

## Ingredients

1 (10 ounce) package pre-washed  
fresh spinach  
1 cup fresh green peas  
1/4 cup olive oil  
1 1/2 lemons, juiced  
1/4 cup crumbled feta cheese  
salt and pepper to taste

## Directions

In a large bowl, toss together the spinach, peas and olive oil until evenly coated. Add the lemon juice, feta and salt and pepper, and toss again.

# Parsley Spinach Chicken Stew

## Ingredients

1 cup chopped fresh parsley  
8 ounces spinach, rinsed and chopped  
1 onion, chopped  
1 potato, cubed  
4 skinless, boneless chicken breasts  
6 tablespoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon ground turmeric  
2 tablespoons tomato paste  
1 cup water  
3 tablespoons fresh lemon juice

## Directions

In a medium size frying pan, heat 4 tablespoons of the olive oil. Add the parsley and spinach and fry until wilted. Set aside.

Heat the other 2 tablespoons of olive oil in a large pot. Add the onion and saute, stirring occasionally, until tender. Add the chicken breasts and brown both sides of each breast. Add the salt, turmeric, fried parsley/spinach, water and tomato paste. Bring all to a boil and let boil for 10 minutes.

Add the cubed potatoes. Cover and let cook over low heat for 1 to 2 hours. Add the lemon juice, bring to a boil and let boil for 10 more minutes. Serve with steamed rice if desired.



# Spinach and Tortellini Salad

## Ingredients

1 (9 ounce) package cheese-filled tortellini  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1/3 cup grated Parmesan cheese  
2 cups cherry tomatoes, halved  
1 (2 ounce) can sliced black olives  
1 (8 ounce) bottle Italian-style salad dressing

## Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the tortellini, spinach, cheese, tomatoes and olives. Add enough salad dressing to coat. Toss and season with salt and pepper.

# Spinach Artichoke Pie

## Ingredients

3 tablespoons vegetable oil,  
divided  
1/4 cup dry bread crumbs  
1/2 pound fresh mushrooms,  
sliced  
1 pound fresh spinach, chopped  
and cooked  
1 (6.5 ounce) jar marinated  
artichoke hearts, drained and  
quartered  
1 cup day-old bread cubes  
1 1/4 cups shredded Cheddar  
cheese, divided  
1 (4 ounce) jar diced pimientos,  
drained  
2 eggs, beaten  
1/4 teaspoon garlic powder

## Directions

Brush the bottom and sides of a 9-in. pie plate with 2 tablespoons oil; sprinkle with bread crumbs. Set aside.

In a skillet, saute mushrooms in remaining oil; drain. Remove from the heat. Squeeze spinach dry; add to mushrooms. Stir in artichokes, bread cubes, 1 cup of cheese, pimientos, eggs and garlic powder; stir well.

Spoon into the prepared pie plate. Bake, uncovered, at 350 degrees F for 30 minutes. Sprinkle with remaining cheese. Bake 5-10 minutes longer or until the cheese is melted. Let stand for 10 minutes before cutting.

# Easy Spinach Lasagna with White Sauce

## Ingredients

1 (10 ounce) package frozen chopped spinach  
29 ounces Alfredo-style pasta sauce  
1/2 cup skim milk  
1 (8 ounce) package lasagna noodles  
1 pint part-skim ricotta cheese  
1 egg  
8 ounces shredded carrots  
8 ounces fresh mushrooms, sliced  
1/2 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Coat a 10x15 inch lasagna pan with cooking spray.

Place the spinach in a medium bowl. Microwave, uncovered, on high for 4 minutes. Mix in ricotta. Beat the egg with a wire whisk, and add it to the spinach and ricotta. Stir well to blend.

Combine pasta sauce with milk in a medium bowl. Mix well.

Spread about 1/2 cup pasta sauce mixture evenly in the bottom of the dish. Place 3 uncooked noodles over the sauce. Spread half of the spinach mixture over the noodles. Sprinkle with half of the carrots and half of the mushrooms. Place 3 more noodles over the vegetable mixture. Pour 1 1/2 cups sauce over the noodles. Spread the remaining spinach mixture over the sauce, followed by layers of the remaining carrots and mushrooms. Place 3 more noodles over the vegetables. Pour remaining sauce evenly on top. Sprinkle with the mozzarella cheese. Spray a sheet of aluminum foil with cooking spray. Cover the dish tightly with aluminum foil, spray side down.

Bake for 50 to 60 minutes. Remove from oven, uncover, and spoon some sauce over the exposed top noodles. Turn the oven off, and place the uncovered dish back into the warm oven for 15 more minutes. Serve at once, or let rest until ready to serve.

# Rice with Lemon and Spinach

## Ingredients

1 small onion, chopped  
1 cup sliced fresh mushrooms  
2 garlic cloves, minced  
1 tablespoon olive oil  
3 cups cooked long-grain rice  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
3 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 teaspoon dill weed  
1/8 teaspoon pepper  
1/3 cup crumbled feta cheese,  
divided

## Directions

In a skillet, saute the onion, mushrooms and garlic in oil until tender. Stir in the rice, spinach, lemon juice, salt, dill and pepper. Reserve 1 tablespoon cheese. Stir remaining into skillet; mix well.

Transfer to an 8-in. square baking dish coated with nonstick cooking spray. Sprinkle with reserved cheese. Cover and bake at 350 degrees F for 25 minutes. Uncover; bake 5-10 minutes longer or until heated through and cheese is melted.

# Passover Spinach Frittata

## Ingredients

2 (10 ounce) packages frozen chopped spinach  
3 matzo crackers  
4 eggs, beaten  
salt and pepper to taste  
1 pinch ground nutmeg  
3 tablespoons butter  
2 tablespoons grated Parmesan cheese

## Directions

Heat the spinach in a saucepan with 1/2 cup of water, until completely thawed. Strain the spinach, reserving half the amount of liquid.

Crumble the matzo into a medium-size mixing bowl and pour the spinach and the remaining liquid over them. Mix thoroughly until the matzo are softened. Add the Parmesan, eggs, salt, nutmeg and pepper.

Heat the margarine in a 12 inch skillet and add the spinach mixture. Cook on medium heat, uncovered for 5 minutes on each side. Sprinkle with grated Parmesan and serve immediately.

# Simple Cranberry Spinach Salad

## Ingredients

1 (6 ounce) package fresh spinach  
1/3 cup dried cranberries  
1/3 cup chopped walnuts  
1/3 cup raspberry walnut  
vinaigrette  
1 tablespoon finely shredded  
Romano cheese

## Directions

Combine the spinach, cranberries, walnuts, vinaigrette, and Romano cheese in a large bowl; toss until spinach is evenly coated. Serve immediately.

# Spinach Brownies

## Ingredients

1 (10 ounce) package spinach,  
rinsed and chopped  
1 cup all-purpose flour  
1 teaspoon salt  
1 teaspoon baking powder  
2 eggs  
1 cup milk  
1/2 cup butter, melted  
1 onion, chopped  
1 (8 ounce) package shredded  
mozzarella cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

Place spinach in a medium saucepan with enough water to cover. Bring to a boil. Lower heat to simmer and cook until spinach is limp, about 3 minutes. Remove from heat and set aside.

In a large bowl, mix flour, salt and baking powder. Stir in eggs, milk and butter. Mix in spinach, onion and mozzarella cheese.

Transfer the mixture to the prepared baking dish. Bake in the preheated oven 30 to 35 minutes, or until a toothpick inserted in the center comes out clean. Cool before serving.

# Spinach Lasagna III

## Ingredients

20 lasagna noodles  
2 tablespoons olive oil  
1 cup chopped fresh mushrooms  
1 cup chopped onion  
1 tablespoon minced garlic  
2 cups fresh spinach  
3 cups ricotta cheese  
2/3 cup grated Romano cheese  
1 teaspoon salt  
1 teaspoon dried oregano  
1 teaspoon dried basil leaves  
1/2 teaspoon ground black pepper  
1 egg  
3 cups shredded mozzarella cheese  
3 cups tomato pasta sauce  
1 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium-high heat, cook mushrooms, onions, and garlic in olive oil until onions are tender. Drain excess liquid and cool. Boil spinach for 5 minutes. Drain, then squeeze out excess liquid. Chop spinach.

Combine ricotta cheese, Romano cheese, spinach, salt, oregano, basil, pepper, and egg in a bowl. Add cooled mushroom mixture. Beat with an electric mixer on low speed for 1 minute. Lay 5 lasagna noodles in bottom of a 9x13 inch baking dish. Spread one third of the cheese/spinach mixture over noodles. Sprinkle 1 cup mozzarella cheese and 1/3 cup Parmesan cheese on top. Spread 1 cup spaghetti sauce over cheese. Repeat layering 2 times.

Cover dish with aluminum foil and bake in a preheated oven for 1 hour. Cool 15 minutes before serving.



# Spinach Pie

## Ingredients

2 pounds spinach, rinsed and chopped  
8 ounces feta cheese, crumbled  
1 (8 ounce) container cottage cheese  
1/2 cup chopped onion  
3/4 teaspoon poultry seasoning  
2 teaspoons chopped fresh dill  
1/4 teaspoon ground black pepper  
salt to taste  
2 cups bread crumbs  
4 tablespoons butter, melted

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch casserole dish.

In a large bowl, combine the spinach, feta cheese, cottage cheese, onion, poultry seasoning, dill, pepper and salt. Mix well and pour into prepared dish.

Mix together the breadcrumbs and butter. Sprinkle over spinach mixture and bake at 350 degrees F (175 degrees C) for 30 minutes.

# Spinach Stuffing Balls

## Ingredients

6 eggs, lightly beaten  
1 (6 ounce) package stuffing mix  
1/2 cup butter or margarine,  
melted  
1 cup grated Parmesan cheese  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry

## Directions

In a bowl, combine eggs, stuffing mix, butter, Parmesan cheese, salt and pepper. Add spinach; mix well. Shape into 1-1/2-in. balls; place in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 12-15 minutes or until lightly browned.

# Syrian-Style Lentil and Spinach Soup

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2/3 cup dry green lentils  
1 3/4 cups water  
1 tablespoon all-purpose flour  
2/3 cup chopped fresh spinach  
3 tablespoons lemon juice  
1/2 teaspoon salt

## Directions

Heat oil in a pot over medium heat. Stir in onion and cook until soft about 7 minutes, stirring occasionally. Add the lentils and water and bring to a boil, then reduce heat to low and simmer, uncovered, until lentils are tender, 20 to 25 minutes. Cooking times will vary depending on the freshness of the lentils.

Ladle a half cup of the soup liquid into a bowl and whisk in the flour to form a paste. Mix the paste into the soup. Add the spinach, lemon juice, and salt. If you prefer a thinner soup, add a bit more water. Cook until spinach is wilted, about 5 minutes. Adjust salt and lemon to suit your taste.

# Spinach Phyllo Cups

## Ingredients

1 egg, beaten  
2 cloves garlic, finely minced  
1 (8 ounce) package crumbled  
feta cheese  
2 (10 ounce) boxes frozen  
chopped spinach, thawed and  
squeezed dry  
3 (2.1 ounce) packages pre-baked  
mini phyllo dough shells

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Mix the egg, garlic, and feta in a large bowl. Stir in the spinach. Place the phyllo shells on flat baking sheets, and fill with the spinach mixture.

Bake in preheated oven until hot, 6 to 8 minutes.

# Makeover Garlic Spinach Balls

## Ingredients

2 cups crushed seasoned stuffing  
1 cup finely chopped onion  
3/4 cup egg substitute  
1 egg, lightly beaten  
1/4 cup grated Parmesan cheese  
1/4 cup butter, melted  
3 tablespoons reduced sodium  
chicken or vegetable broth  
1 garlic clove, minced  
1 1/2 teaspoons dried thyme  
1/4 teaspoon pepper  
1/8 teaspoon salt  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry

## Directions

In a large bowl, combine the first 11 ingredients. Stir in spinach until blended. Roll into 1-in. balls. Place in a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray. Bake at 350 degrees F for 15-20 minutes or until golden brown.

# Mostaccioli with Spinach and Feta

## Ingredients

8 ounces penne pasta  
2 tablespoons olive oil  
3 cups chopped tomatoes  
10 ounces fresh spinach, washed  
and chopped  
1 clove garlic, minced  
8 ounces tomato basil feta cheese  
salt to taste  
ground black pepper to taste

## Directions

Cook pasta according to package directions. Drain, and set aside.

Heat oil in a large pot. Add tomatoes, spinach, and garlic; cook and stir 2 minutes, or until spinach is wilted and mixture is thoroughly heated. Add pasta and cheese; cook 1 minute. Season to taste with salt and pepper.

# Sesame Strawberry Spinach Salad

## Ingredients

1/2 cup SLENDA® No Calorie Sweetener, Granulated  
2 tablespoons sesame seeds  
1/2 teaspoon sesame oil  
1 tablespoon poppy seeds  
1 1/2 teaspoons dried minced onion  
1/4 teaspoon paprika  
1/2 cup vegetable oil  
1/2 cup balsamic vinegar  
2 bunches fresh spinach - chopped, washed and dried  
1 pint strawberries, halved

## Directions

Whisk together the SLENDA® Granulated Sweetener, sesame seeds, sesame oil, poppy seeds, dried onion, paprika, oil and vinegar. Refrigerate until chilled.

In a salad bowl, combine the spinach and strawberries. Drizzle with dressing, toss lightly and serve.

# Spinach and Yogurt Soup

## Ingredients

1 1/2 tablespoons butter or margarine  
1 medium onion, finely chopped  
2 teaspoons all-purpose flour  
1/3 teaspoon salt  
1/4 teaspoon dried tarragon  
1 pinch ground nutmeg  
1 pinch cayenne pepper  
1 (16 ounce) package frozen chopped spinach, thawed  
2 cups chicken broth  
3/4 cup plain yogurt  
2 slices lemon, cut in half for garnish

## Directions

Melt butter in a large saucepan over medium heat. Add the onion, and cook until tender, stirring occasionally. Stir in the flour, salt, tarragon, nutmeg and cayenne, and heat until fragrant. Stir in spinach (undrained) and chicken broth. Bring to a boil, then reduce heat to low, and simmer for about 15 minutes.

Remove the soup from the heat, and puree in a food processor or blender in batches. Return to the saucepan, and whisk in yogurt. Heat through, but do not boil. Taste and adjust seasonings if necessary. Ladle into bowls, and float a lemon slice on top of each serving.



# Wilted Spinach Salad

## Ingredients

6 eggs  
1 pound bacon  
2 bunches fresh spinach, rinsed  
and dried  
4 green onions, thinly sliced  
2 eggs  
1/4 cup white sugar  
1/4 cup white vinegar  
1/4 cup red wine vinegar

## Directions

Place 6 eggs in a medium saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside, reserving approximately 1/2 cup of drippings in the skillet.

In a large bowl, toss together the spinach and green onions.

Heat the reserved drippings over low heat. In a small bowl, whisk together the 2 remaining eggs, sugar, white vinegar, and red wine vinegar. Add to warm grease, and whisk for about a minute, until thickened. Pour at once over spinach, add crumbled bacon, and toss to coat. Garnish with chopped egg.

# Tahini Spinach

## Ingredients

1 (10 ounce) package frozen  
chopped spinach  
1/2 cup water  
1 tablespoon tahini  
2 cloves garlic, minced  
1/4 teaspoon ground cumin  
1/4 teaspoon paprika  
cayenne pepper, or to taste  
1/3 cup red wine vinegar  
salt and pepper to taste

## Directions

Place the spinach and water into a saucepan, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer 4 to 6 minutes until tender.

Meanwhile, whisk together the tahini, garlic, cumin, paprika, cayenne pepper, and red wine vinegar. Season to taste with salt and pepper. Drain the cooked spinach, and top with the tahini sauce to serve.

# Asian Spinach Salad

## Ingredients

1 1/2 pounds boneless chicken breast  
1 cup Newman's OwnB® Teriyaki Marinade  
1 (3 ounce) package ramen noodles  
1/2 cup slivered almonds  
1 teaspoon sesame seeds  
1 tablespoon sesame oil  
2 bunches baby spinach  
3 scallions  
8 ounces Mandarin oranges  
1/3 cup Newman's OwnB® Lighten UpB® Low Fat Sesame Ginger Dressing

## Directions

Clean and trim chicken. Place in bowl with 1 cup marinade. Cover and refrigerate for an hour or longer.

Remove from bowl, discard marinade and grill or saute over medium heat, approximately 7 minutes each side. Set aside, let cool, then shred into small pieces with two forks.

In medium saute pan over medium heat add sesame oil. Crumble ramen noodles and add to pan along with almond slices and sesame seeds. Lightly brown and remove from heat.

Wash and dry baby spinach and place in a large bowl. Thinly slice scallions and add to spinach. Add Mandarin oranges and shredded chicken.

Drizzle salad with Sesame Ginger Dressing to taste, toss, and serve.

# Spinach Crescents

## Ingredients

1/2 cup sliced almonds  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
1/2 cup grated Parmesan cheese  
1/4 cup chopped onion  
2 teaspoons olive or vegetable oil  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 (8 ounce) package refrigerated  
crescent rolls

## Directions

In a food processor or blender, finely chop the almonds. Add 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 to within 1/8 in. of edges. Roll up and place on a greased baking sheet. Bake at 375 degrees F for 15-18 minutes or until golden brown. Serve warm.

# Creamed Spinach II

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach  
1 (10.75 ounce) can condensed  
cream of mushroom soup  
1 tablespoon butter  
garlic salt to taste

## Directions

Prepare spinach according to package directions; drain well.

In a large saucepan over medium-high heat, combine spinach, mushroom soup and butter. Bring to a low boil. Season with garlic salt to taste.

# Spinach Wild Rice Quiche

## Ingredients

1 (9 inch) unbaked pastry shell  
3 eggs  
1 cup half-and-half cream  
1 cup vegetable wild rice or  
cooked wild rice  
1 cup shredded Swiss cheese  
3 bacon strips, cooked and  
crumbled  
1/2 cup frozen chopped spinach,  
thawed

## Directions

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees F for 5 minutes. Remove foil; bake 5 minutes longer. Remove from the oven; reduce heat to 350 degrees F.

In a bowl, beat the eggs and cream. Add rice, cheese, bacon and spinach; mix well. Pour into prepared crust. Cover edges of pastry with foil. Bake for 30-35 minutes or until a knife inserted near the center comes out clean.

# Pumpernickel Spinach Dip I

## Ingredients

1 (8 ounce) container sour cream  
1/2 (8 ounce) package cream  
cheese, softened  
2 tablespoons mayonnaise  
1 (1 ounce) package dry dill dip  
mix  
1/2 bunch spinach, rinsed and  
chopped  
1 (8 ounce) loaf round  
pumpernickel loaf

## Directions

In a medium bowl, stir together the sour cream, cream cheese, mayonnaise, dill dip mix and spinach.

Cut out the center of the pumpernickel loaf, creating a bowl. Cut the removed bread into bite-sized pieces. Fill the hollowed loaf with the sour cream mixture. Serve with the bread pieces.

# Yogurt Spinach Dip

## Ingredients

1 cup chopped fresh spinach  
1 cup plain yogurt  
1 cup mayonnaise  
2 teaspoons seasoning salt  
1/4 teaspoon dried parsley  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon ground dry mustard  
1/4 teaspoon garlic salt

## Directions

In a medium bowl, mix together spinach, plain yogurt, mayonnaise, seasoning salt, parsley, basil, oregano, dry mustard and garlic salt. Chill until serving.



# Spinach Chicken Pockets

## Ingredients

3/4 pound skinless, boneless chicken breast halves  
1/2 cup reduced-fat plain yogurt  
2 tablespoons reduced-fat mayonnaise  
1 tablespoon Dijon mustard  
1/4 teaspoon ground cumin  
1/8 teaspoon cayenne pepper  
2 cups fresh baby spinach  
1/2 cup chopped seeded cucumber  
2 green onions, sliced  
4 (6-inch) pita breads, halved

## Directions

In a large nonstick skillet coated with nonstick cooking spray, cook chicken over medium heat for 10-12 minutes on each side or until juices run clear. Remove; thinly sliced chicken and cool.

Meanwhile, in a small bowl, combine the yogurt, mayonnaise, mustard, cumin and cayenne; set aside. In a large bowl, combine the spinach, cucumber, onions and chicken. Drizzle with yogurt mixture; toss to coat. Microwave pita breads for 15-20 seconds or until warmed. Fill each half with 1/2 cup chicken mixture.

# Spinach Pinwheels

## Ingredients

2 (8 ounce) packages refrigerated crescent rolls  
1 (7 ounce) package garlic herb cheese spread  
1 (10 ounce) package frozen chopped spinach, thawed and drained

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Split crescent dough in half along center perforation. Flatten one rectangle, sealing perforations. Spread with 1/4 of the cheese spread and sprinkle with spinach. Starting with long side, roll dough up, rolling back and forth several times to seal edges. Cut into 3/4 inch slices (about 15 slices per roll). Arrange the slices one inch apart on ungreased cookie sheet. Continue making the crescent roll ups until all of the ingredients are used.

Bake for 10 to 12 minutes, until lightly browned. Serve immediately or keep warm on a warming tray.

# Stuffed Mushrooms with Spinach

## Ingredients

2 tablespoons butter  
5 slices bacon  
1 (10 ounce) package frozen  
chopped spinach  
12 large mushrooms  
3 tablespoons butter  
2 tablespoons finely chopped  
onion  
2 cloves garlic, peeled and  
minced  
3/8 cup heavy cream  
1/4 cup grated Parmesan cheese  
salt and pepper to taste  
2 tablespoons butter, melted

## Directions

Preheat oven to 400 degrees F (200 degrees C). Butter a 9x13 inch baking dish with 2 tablespoons butter.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Place frozen spinach in a medium saucepan with 1/4 cup water. Bring water to a boil, then reduce heat to medium and cook spinach covered 10 minutes. Uncover and stir. Remove from heat and drain.

Remove stems from mushrooms. Arrange caps in the baking dish. Finely chop stems.

Melt 3 tablespoons butter in a medium saucepan over medium heat, and mix in onion and garlic. Cook 5 minutes, or until tender, then mix in bacon, spinach, chopped mushroom stems and heavy cream. Bring cream to a boil. Remove from heat and mix in Parmesan cheese, salt and pepper.

Stuff mushroom caps generously with the mixture. Drizzle with 2 tablespoons melted butter. Bake in the preheated oven 30 minutes until lightly browned.

# Spinach Shrimp Fettuccine

## Ingredients

1 pound uncooked fettuccine  
1 (6 ounce) package baby spinach  
4 garlic cloves, minced  
2 tablespoons olive oil  
1 pound uncooked medium shrimp, peeled and deveined  
2 ripe medium plum tomatoes, seeded and chopped  
1/2 teaspoon Italian seasoning  
1/4 teaspoon salt  
1/4 cup shredded Parmesan cheese

## Directions

Cook fettuccine according to package directions. Meanwhile, in a large skillet, saute the spinach and garlic in oil for 2 minutes or until spinach begins to wilt. Add the shrimp, tomatoes, Italian seasoning and salt; saute for 2-3 minutes or until shrimp turn pink. Drain fettuccine and add to skillet; toss to coat. Sprinkle with Parmesan cheese.

# Spinach, Egg, and Pancetta with Linguine

## Ingredients

1 (16 ounce) package uncooked linguine pasta  
3 tablespoons olive oil, divided  
3 ounces pancetta bacon, diced  
1/2 teaspoon crushed red pepper flakes  
3 cups loosely packed torn fresh spinach  
2 hard-cooked eggs, peeled and chopped  
freshly grated Parmesan cheese

## Directions

Bring a large pot of salted water to boil. Cook linguine until al dente, about 8 to 10 minutes.

As the water is being brought to boil, heat 1 tablespoon olive oil in a skillet over medium heat. Stir in pancetta, and cook until browned. Remove to paper towels.

Return skillet to heat, and pour in 2 tablespoons olive oil. Stir in crushed red pepper flakes. Then stir in spinach, and cook until softened. Return pancetta to the skillet, and stir in eggs. Cover, and turn off heat.

When the pasta is done, drain, and mix into skillet, reserving some pasta water. If the pasta is too dry, add a small amount of pasta water. Top with freshly grated Parmesan.

# Spinach Cheese Strata

## Ingredients

1/2 cup chopped onion  
1/4 cup chopped sweet red pepper  
1/4 cup chopped green pepper  
2 tablespoons butter or margarine  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
2 cups Wheat Chex® cereal  
1/2 cup shredded Cheddar cheese  
1/2 cup shredded Swiss cheese  
6 eggs  
2 cups milk  
1/3 cup crumbled cooked bacon  
1 teaspoon Dijon mustard  
1 teaspoon salt  
1/4 teaspoon white pepper

## Directions

In a skillet, saute the onion and peppers in butter until crisp-tender. Remove from the heat. Add spinach and cereal; mix well. Spoon into a greased 11-in. x 7-in. x 2-in. baking dish. Sprinkle with cheese. In a bowl, combine the eggs, milk, bacon, mustard, salt and pepper. Pour over cheese. Bake at 325 degrees F for 45-50 minutes or until knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

# Spinach and Feta Pita Bake

## Ingredients

6 (6 inch) whole wheat pita breads  
1 (6 ounce) tub sun-dried tomato pesto  
2 roma (plum) tomatoes, chopped  
1 bunch spinach, rinsed and chopped  
4 fresh mushrooms, sliced  
1/2 cup crumbled feta cheese  
2 tablespoons grated Parmesan cheese  
3 tablespoons olive oil  
1 pinch ground black pepper to taste

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Spread tomato pesto onto one side of each pita bread, and place them pesto side up on a baking sheet. Top with tomatoes, spinach, mushrooms, feta cheese, and Parmesan cheese. Drizzle with olive oil and season with pepper.

Bake for 12 minutes in the preheated oven or until pita breads are crisp. Cut into quarters and serve.

# Quick and Easy Spinach Bread

## Ingredients

1 tablespoon olive oil  
1 clove garlic, minced  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 to taste salt and pepper to taste  
1/4 cup grated Parmesan cheese  
garlic powder to taste  
1 (10 ounce) can refrigerated pizza  
crust dough  
1 cup shredded mozzarella  
cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with non-stick cooking spray.

Heat olive oil in a skillet or frying pan over medium heat. Add garlic and saute until soft, about two minutes. Add spinach and cook until liquid has evaporated. Stir in salt, pepper, Parmesan and garlic powder. Remove from heat and let cool.

On a lightly floured surface, roll out pizza crust into a 10x14 inch rectangle. Spread spinach mixture and mozzarella cheese on top of dough. Starting from one end, roll up the crust to make one large loaf. Pinch seam to seal. Place loaf onto prepared baking sheet.

Bake in preheated oven for 20 to 25 minutes, until golden brown.



# Spinach and Hazelnut Salad with Strawberry

## Ingredients

1/4 cup extra virgin olive oil  
1/4 cup aged balsamic vinegar  
2 tablespoons sugar-free  
strawberry preserves  
freshly ground black pepper to  
taste  
3 1/2 cups torn fresh spinach  
3 1/2 cups romaine lettuce leaves  
1/3 cup chopped hazelnuts  
1/4 cup golden raisins  
1/2 small red onion, thinly sliced  
1/2 cup plain mini shredded wheat  
cereal biscuits  
1 ripe avocado, sliced

## Directions

In a small bowl, whisk together olive oil, balsamic vinegar, strawberry preserves, and black pepper.

In a large bowl, toss together spinach, lettuce, hazelnuts, raisins, red onion, and shredded wheat biscuits. Drizzle salad dressing over the salad, and toss gently to combine. Serve topped with sliced avocado.

# Spinach Chicken Manicotti

## Ingredients

1 large onion, chopped  
1 garlic clove, minced  
1 teaspoon olive oil  
2 1/2 cups diced cooked chicken breast meat  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup diced cooked ham  
1/4 cup grated Parmesan cheese  
2 egg whites  
1/2 teaspoon dried basil  
1/8 teaspoon pepper  
1 dash ground nutmeg  
12 uncooked manicotti shells

### SAUCE:

3/4 cup all-purpose flour  
3 cups reduced-sodium chicken broth  
1 cup fat-free milk  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
1/8 teaspoon pepper  
dash cayenne pepper  
1/4 cup grated Parmesan cheese

## Directions

In a small skillet, saute onion and garlic in oil until tender. In a large bowl, combine the onion mixture, chicken, spinach, ham, Parmesan cheese, egg whites, basil, pepper and nutmeg; set aside.

Cook manicotti shells according to package directions. Meanwhile, for sauce, combine flour and broth in a large saucepan until smooth. Stir in the milk, salt, nutmeg, pepper and cayenne. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Spoon 1 cup into chicken mixture. Add Parmesan cheese to remaining sauce.

Spread 1 cup sauce into a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Drain shells; stuff with chicken mixture. Arrange over sauce. Drizzle with remaining sauce. Cover and bake at 375 degrees F for 35-40 minutes or until bubbly and heated through.

# Penne Pasta with Spinach and Bacon

## Ingredients

1 (12 ounce) package penne pasta  
2 tablespoons olive oil, divided  
6 slices bacon, chopped  
2 tablespoons minced garlic  
1 (14.5 ounce) can diced tomatoes  
1 bunch fresh spinach, rinsed and  
torn into bite-size pieces

## Directions

Bring a large pot of lightly salted water to a boil. Add the penne pasta, and cook until tender, 8 to 10 minutes.

Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Place bacon in the skillet, and cook until browned and crisp. Add garlic, and cook for about 1 minute. Stir in the tomatoes, and cook until heated through.

Place the spinach into a colander, and drain the hot pasta over it so it is wilted. Transfer to a large serving bowl, and toss with the remaining olive oil, and the bacon and tomato mixture.

# Sausage 'n' Spinach Pockets

## Ingredients

- 1/2 pound bulk pork sausage
- 1/3 cup chopped onion
- 1 garlic clove, minced
- 1 cup chopped fresh spinach
- 1/4 cup chopped fresh mushrooms
- 3/4 cup shredded mozzarella cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese
- 2 (8 ounce) cans refrigerated crescent rolls
- 1 egg
- 1 tablespoon water
- 1 tablespoon cornmeal

## Directions

In a large skillet, brown sausage, onion and garlic; drain. Remove from the heat; stir in spinach and mushrooms. Add mozzarella cheese, salt, pepper and Parmesan cheese if desired; mix well and set aside. Separate crescent dough into eight rectangles; seal perforations and flatten slightly to 5-in. x 4-1/2-in. rectangles. Place about 1/3 cup sausage mixture on half of each rectangle to within 1/2 in. of edges. Beat egg and water; brush on edges of dough. Bring unfilled half of dough over filling; press edges with a fork to seal. Brush tops with egg mixture. Sprinkle the cornmeal on a greased baking sheet; place pockets on baking sheet. Bake at 350 degrees F for 15-20 minutes or until golden brown.

# Spinach and Apricot-Filled Almond Tarts

## Ingredients

Nonstick spray  
1 (15 ounce) package ready-made pie crust containing 2 pie crusts (Pillsbury®)  
2 tablespoons olive oil  
1 clove garlic, minced  
10 ounces fresh baby spinach  
1/3 cup diced dried apricots  
1 tablespoon butter  
1/4 teaspoon salt  
3 tablespoons slivered California Almonds, roasted\*  
Special equipment  
Dry beans or pie weights  
6-inch tart pans with removable bottoms

## Directions

Preheat oven to 400 degrees F. Spray 4 tart pans with nonstick spray. Cut pie crusts into fourths, and insert each piece into a tart pan, pressing so it fits and trimming loose ends. Fill with dry beans or pie weights, and bake on a baking sheet 15-20 minutes, or until edges are golden brown. Let cool on rack, and then remove beans or pie weights.

Heat olive oil in a large skillet or wok. Add garlic and simmer on low heat until it turns just a shade darker; turn heat to medium, add spinach and saute, working in 2 batches if pan isn't big enough. Gently stir in apricots and butter while spinach is still hot, then sprinkle in almonds.

Fill each tart shell with spinach mixture and serve immediately.

# Simple Spinach Lasagna

## Ingredients

1 tablespoon extra virgin olive oil  
2 (10 ounce) packages frozen chopped spinach  
1/2 onion, chopped  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
2 cloves garlic, crushed  
1 (32 ounce) jar spaghetti sauce  
1 1/2 cups water  
2 cups non-fat cottage cheese  
1 (8 ounce) package part skim mozzarella cheese, shredded  
1/4 cup grated Parmesan cheese  
1/2 cup chopped fresh parsley  
1 teaspoon salt  
1/8 teaspoon black pepper  
1 egg  
8 ounces lasagna noodles

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large pot over medium heat saute spinach, onion, oregano, basil and garlic in the olive oil. Pour in spaghetti sauce and water; simmer 20 minutes. In a large bowl mix cottage cheese, mozzarella cheese, Parmesan cheese, parsley, salt, pepper and egg.

Place a small amount of sauce in the bottom of a lasagna pan. Place 4 uncooked noodles on top of sauce and top with layer of sauce. Add 4 more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.

Cover with foil and bake in a preheated oven for 55 minutes. Remove foil and bake another 15 minutes. Let sit 10 minutes before serving.

# Spinach and Mushroom Pinwheels

## Ingredients

1 (8 ounce) package cream cheese, softened  
2/3 cup butter, softened  
2 cups all-purpose flour  
1 tablespoon all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
  
1 (10 ounce) package frozen chopped spinach  
2 tablespoons butter  
2 1/2 cups chopped mushrooms  
1 cup chopped onion  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon lemon juice  
1/8 teaspoon garlic powder  
1/4 cup grated Parmesan cheese

## Directions

In a large bowl, beat together cream cheese and 2/3 cup butter. Mix in 2 cups flour, a teaspoon baking powder, 1/2 teaspoon salt, and 1/4 teaspoon baking soda; beat well. Divide dough into two balls; wrap in plastic wrap. Chill 30 to 60 minutes or until pastry is easy to handle.

Preheat oven to 400 degrees F (200 degrees C).

Heat spinach in large frying pan over medium-low heat; drain. Squeeze out excess liquid; set aside.

In a large frying pan, melt the 2 tablespoons butter. Stir in mushrooms and onion. Cook and stir over medium heat for 3 minutes or until onion is tender. Mix in spinach, remaining 1 tablespoon flour, oregano, salt, lemon juice and garlic powder. Cook and stir until mixture thickens. Stir in Parmesan cheese. Set aside to cool.

On floured surface, roll a pastry ball into a 12x7-inch rectangle. Spread with half the spinach mixture to within 1/2 inch of edges. Starting with a short side, roll up dough and filling, jelly-roll style. Moisten edges with water; pinch to seal. Repeat with remaining pastry. Cover; chill 1 hour. Slice logs into 1/2-inch thick slices. Place on ungreased baking sheets.

Bake 20 minutes or until golden. Remove to wire racks; cool.

# Buttery Lemon Spinach

## Ingredients

2 (10 ounce) bags pre-washed  
fresh spinach  
2 tablespoons garlic, minced  
5 tablespoons butter  
2 tablespoons lemon juice

## Directions

Rinse the spinach and place the leaves into a microwavable serving dish. Add the butter, garlic and lemon juice. Cover with plastic wrap. Steam in the microwave until the butter is melted and spinach is wilted, about 2 minutes. Remove the plastic wrap and toss to distribute seasoning before serving.



# Spicy South Of The Border Spinach Cheese Dip

## Ingredients

1 onion, chopped  
2 tablespoons vegetable oil  
1 (14.5 ounce) can whole peeled tomatoes, drained and chopped  
1 (4 ounce) can diced green chiles, drained  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
10 ounces shredded Monterey Jack cheese  
1 (8 ounce) package cream cheese, softened  
1 cup half-and-half cream  
1 tablespoon red wine vinegar  
salt and pepper to taste

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Saute onion in skillet over medium heat in oil until softened, about 4 minutes. Stir in tomatoes and chiles, let cook 2 minutes.

Transfer the mixture to a large bowl and stir in spinach, cheese, cream cheese, half and half, and vinegar. Season with salt and pepper to taste. Spoon mixture into shallow baking dish like a 9 inch quiche dish or pie plate.

Bake in the preheated oven until the dip is bubbly and the top is light brown, about 35 minutes.

# Baked Spinach Artichoke Dip

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed  
1 (14 ounce) can artichoke hearts, drained and chopped  
1/2 cup grated Parmesan cheese  
1 cup shredded mozzarella cheese  
1/4 teaspoon ground white pepper  
1 teaspoon lemon juice  
1/4 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine spinach, artichoke hearts, 1/2 cup Parmesan cheese, mozzarella cheese, white pepper, and lemon juice. Mix well, and spoon mixture into a 1 quart baking dish. Top with remaining 1/4 cup parmesan cheese.

Bake for 15 to 20 minutes, or until hot and bubbly.

# Mushroom, Spinach and Cheese Torta

## Ingredients

2 cups chopped onions  
4 cloves garlic, minced  
1/4 cup olive oil  
6 cups fresh mushrooms, sliced  
10 ounces spinach - rinsed,  
stemmed, and dried  
3 eggs  
1 1/2 cups ricotta cheese  
1 1/2 cups grated Parmesan  
cheese  
1 cup sour cream  
1/2 cup bread crumbs  
1/4 cup chopped fresh parsley  
1/2 cup butter, melted  
1 (16 ounce) package phyllo  
dough  
2 teaspoons sesame seeds

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Saute onion and garlic in oil in large saucepan until onion is translucent. Add mushrooms and spinach and continue cooking until mushrooms have released their juices and spinach has wilted. Continue cooking until liquid has evaporated. Remove from heat.

Beat eggs slightly in large bowl. Add ricotta and parmesan, sour cream, bread crumbs and parsley to eggs. Drain excess liquid from vegetables, then add to cheese mixture. Stir until well blended.

Brush some of melted butter on large baking sheet. Count out 6 phyllo leaves and carefully lift them up and lay flat on buttered baking sheet.

Spread filling over middle of leaves, leaving a 3 inch border all around. Brush edges with butter.

On top of the filling, lay down 2 leaves of phyllo at a time, brushing top leaf with butter each time. After 4 pairs, fold corners of all phyllo leaves up over filling, and brush with butter.

Lay down 2 more pairs of leaves, buttering top leaf of each pair. Tuck edges under torta, corners first, then sides. Sprinkle top with sesame or poppy seeds.

Bake at 375 degrees F (190 degrees C) for 50 minutes or until filling is set and phyllo is crisp and golden. Allow to rest 10 minutes before slicing.

# Spinach Appetizers

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
2 cups dry bread stuffing mix  
3 eggs, beaten  
1/4 cup grated Parmesan cheese  
1/2 onion, chopped  
2 tablespoons melted butter  
1/4 cup shredded Cheddar cheese

## Directions

In a large bowl, mix together chopped spinach, dry bread stuffing mix, eggs, Parmesan cheese, onion, butter and Cheddar cheese. Cover and chill in the refrigerator approximately 30 minutes.

Drop the mixture by rounded spoonfuls onto a lightly greased large baking sheet. Place baking sheet in the freezer approximately 1 hour.

When ready to bake, allow the balls to partially thaw, about 30 minutes.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking sheet.

Bake the balls in the preheated oven 20 to 25 minutes, or until lightly browned.

# Shrimp, Leek and Spinach Risotto

## Ingredients

2 tablespoons olive oil, divided  
2 cups Arborio rice  
4 cups boiling vegetable broth  
2 teaspoons minced garlic  
1 medium leek, chopped  
1 fresh red chile pepper, chopped  
1 pound medium shrimp, peeled and deveined  
1/2 pound small scallops  
1 (14 ounce) bag fresh spinach leaves  
1/2 red bell pepper, finely chopped  
1 teaspoon fresh ground pepper

## Directions

Heat 1 tablespoon of olive oil in a large, heavy bottomed saucepan over medium-high heat. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in one-third of the boiling vegetable broth; continue stirring until incorporated. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.

While you are cooking the rice, heat the remaining tablespoon of oil in a pan. Stir in the garlic, leeks, red chili, shrimp, and scallops. Cook until the seafood is just beginning to turn color. Add the red bell pepper and spinach; cook until the seafood is opaque. Combine with the rice, and season to taste with pepper.

# Spinach Combo

## Ingredients

3/4 cup chopped onion  
2 tablespoons vegetable oil  
1 (10 ounce) package frozen  
chopped spinach, thawed  
1 cup uncooked long grain rice  
2 1/4 cups water  
2 medium tomatoes, diced  
1 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a skillet, saute onion in oil until tender. Add the spinach, rice and water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice is tender and water is absorbed. Stir in the tomatoes, salt and pepper; heat through.

# Jackie's Spinach and Apple Salad

## Ingredients

12 ounces baby spinach leaves  
2 Granny Smith apples, cored and sliced  
8 ounces Cheddar cheese, cubed  
1/2 cup chopped walnuts  
  
1/4 cup apple cider vinegar  
1/4 cup maple syrup  
1/4 cup olive oil

## Directions

In a large bowl, combine the spinach, apples, Cheddar cheese and walnuts. Toss lightly to blend.

In a small bowl, whisk together the vinegar, maple syrup and olive oil. Pour over the salad, and stir to coat. I like to use a bowl with a lid so I can shake the ingredients. Serve immediately.

# Chicken and Spinach Alfredo Lasagna

## Ingredients

1 (8 ounce) package lasagna noodles  
3 cups heavy cream  
2 (10.75 ounce) cans condensed cream of mushroom soup  
1 cup grated Parmesan cheese  
1/4 cup butter  
1 tablespoon olive oil  
1/2 large onion, diced  
4 cloves garlic, sliced  
5 mushrooms, diced  
1 roasted chicken, shredded  
salt and ground black pepper to taste  
1 cup ricotta cheese  
1 bunch fresh spinach, rinsed  
3 cups shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles for 8 to 10 minutes, or until al dente. Drain, and rinse with cold water.

In a saucepan over low heat, mix together heavy cream, cream of mushroom soup, Parmesan cheese, and butter. Simmer, stirring frequently, until well blended.

Heat the olive oil in a skillet over medium heat. Cook and stir the onion in olive oil until tender, then add garlic and mushrooms. Mix in the chicken, and cook until heated through. Season with salt and pepper.

Lightly coat the bottom of a 9x13 inch baking dish with enough of the cream sauce mixture to coat. Layer with 1/3 of the lasagna noodles, 1/2 cup ricotta, 1/2 of the spinach, 1/2 the chicken mixture, and 1 cup mozzarella. Top with 1/2 the cream sauce mixture, and repeat the layers. Place the remaining noodles on top, and spread with remaining sauce.

Bake 1 hour in the preheated oven, or until brown and bubbly. Top with the remaining mozzarella, and continue baking until cheese is melted and lightly browned.



# Creamed Spinach with Jalapenos

## Ingredients

1 (10 ounce) package frozen spinach  
1/4 cup butter, divided  
1/4 cup bread crumbs  
1 tablespoon all-purpose flour  
2 tablespoons minced onion  
1 clove garlic, pressed  
1/4 cup fat-free evaporated milk  
2/3 cup shredded pepperjack cheese  
1 fresh jalapeno pepper, minced  
1/2 teaspoon celery salt  
ground black pepper to taste

## Directions

Preheat oven to 300 degrees F (150 degrees C). Butter a small casserole dish.

Place the spinach in a microwave-safe bowl, and cook in the microwave 5 minutes on High, until heated through. Drain, reserving 1/2 cup liquid.

Melt 2 tablespoons butter in a small saucepan over medium heat, and stir in the bread crumbs until coated. Remove from heat, and set aside.

Melt remaining 2 tablespoons butter in a medium saucepan over medium heat. Stir in flour. Mix in onion and garlic, and cook 1 minute. Gradually stir in reserved spinach liquid, evaporated milk, cheese, and jalapeno. Season with celery salt and pepper. Mix in the spinach. Transfer to the prepared casserole dish, and top with bread crumbs.

Bake 45 minutes in the preheated oven, until bubbly and lightly browned.

# Fabulous Spinach Salad

## Ingredients

1 bunch fresh spinach - torn,  
washed and dried  
10 fresh mushrooms, sliced  
1 onion, thinly sliced  
4 eggs  
4 tomatoes, chopped  
sea salt to taste  
1/3 cup olive oil  
1/8 cup rice wine vinegar

## Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Combine the spinach, mushrooms, onion, eggs and tomatoes; toss together and sprinkle with salt.

Whisk together the oil and vinegar. Pour over salad and toss to coat.

# Cheesy Spinach Lasagna

## Ingredients

1 (12 ounce) package lasagna noodles  
2 (8 ounce) packages cream cheese  
2 eggs  
2 cups shredded provolone cheese  
1/2 cup creamed cottage cheese  
6 slices bacon  
1 dash garlic powder  
2 (10 ounce) packages frozen chopped spinach

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add lasagna pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. Cook spinach according to directions; drain well.

In a bowl beat the cream cheese on medium speed with electric mixer. Add eggs and beat until fluffy. Stir in provolone cheese, cottage cheese, bacon and garlic powder. Layer half of lasagna noodles in a greased baking dish. Spread with half of cheese mixture and half of the spinach. Top with the remaining lasagna noodles, spinach and cheese.

Cover and bake in a preheated oven for 30 minutes or until heated through.

# Steak and Spinach Salad

## Ingredients

6 cups fresh spinach, rinsed and dried  
1/2 cup dried cranberries  
1/2 cup walnut halves  
1 tomato, sliced  
1 pound top round steak, thinly sliced  
1 pinch salt  
1 pinch ground black pepper

## Directions

Arrange spinach on a large plate. Sprinkle with cranberries and walnuts, and arrange tomato slices on top. Set aside.

In a non-stick skillet (or a regular skillet coated with non-stick spray) cook steak over medium heat until no pink remains and steak is thoroughly cooked.

Arrange cooked steak over salad. Sprinkle salt and pepper on top, and drizzle with your favorite dressing. Note: I suggest using a light flavored dressing. Citrus dressings taste especially good on this salad!

# Savory Onions and Spinach

## Ingredients

2 (16 ounce) packages frozen  
pearl onions  
1 garlic clove, minced  
3 tablespoons butter, divided  
1 (10 ounce) package fresh  
spinach  
3/4 cup grated Parmesan cheese,  
divided  
1/4 cup heavy whipping cream  
salt and pepper to taste  
3 tablespoons dry bread crumbs

## Directions

Cook onions according to package directions; drain well and set aside.

In a saucepan, saute garlic in 2 tablespoons butter for 1-2 minutes. Add spinach; cook and stir until spinach is wilted and liquid has evaporated, about 3 minutes. Stir in 1/2 cup Parmesan cheese and cream. Stir in the salt, pepper and reserved onions.

Transfer to a greased shallow 2-qt. baking dish. Combine bread crumbs and remaining cheese; sprinkle over onion mixture. Dot with remaining butter. Bake, uncovered, at 400 degrees F for 20 minutes or until golden brown. Serve with a slotted spoon.

# Turkey Spinach Casserole

## Ingredients

1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted  
1/2 cup reduced-fat mayonnaise  
1/2 cup water  
2 cups cubed cooked turkey breast  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup uncooked instant brown rice  
1 medium yellow squash, cubed  
1/4 cup chopped red onion  
1 teaspoon ground mustard  
1/2 teaspoon dried parsley flakes  
1/2 teaspoon garlic powder  
1/8 teaspoon pepper  
1/4 cup fat-free Parmesan cheese topping  
1/8 teaspoon paprika

## Directions

In a large bowl, combine the soup, mayonnaise and water. Stir in the next nine ingredients. Transfer to a shallow 2-1/2-qt. baking dish coated with nonstick cooking spray. Cover and bake at 350 degrees F for 35-40 minutes or until rice is tender. Uncover; sprinkle with Parmesan topping and paprika. Bake 5 minutes longer.

# Cheryl's Spinach Cheesy Pasta Casserole

## Ingredients

1 (12 ounce) package medium seashell pasta  
1 (10 ounce) package frozen chopped spinach, thawed  
2 eggs  
1/4 cup olive oil  
1/2 cup bread crumbs  
1 1/2 (26 ounce) jars tomato basil pasta sauce  
1 (8 ounce) package shredded Cheddar cheese  
1 (8 ounce) package shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain. Bring 1/2 cup water to a boil in a saucepan, and cook the spinach 4 to 6 minutes, until tender.

Place the cooked pasta in a medium bowl. In a small bowl, whisk together the eggs and oil. Toss the pasta with the cooked spinach, egg mixture, and bread crumbs.

Cover the bottom of a 9x13 inch baking dish with 1/3 of the pasta sauce. Pour half of the pasta mixture into the baking dish, and cover with another 1/3 of the pasta sauce. Sprinkle with half of the Cheddar cheese and half of the mozzarella. Layer with remaining pasta mixture, and top with remaining sauce. Sprinkle with the rest of the Cheddar and mozzarella cheeses.

Bake 45 minutes in the preheated oven, or until bubbly and lightly browned.

# Spinach Rice Ham Bake

## Ingredients

8 ounces process cheese (eg. Velveeta), cubed  
1/2 cup milk  
3 cups cooked rice  
2 cups cubed fully cooked ham  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry

## Directions

In a microwave-safe bowl, combine the cheese and milk. Microwave, uncovered, on high for 2 minutes or until cheese is melted; stir until smooth. Stir in the rice, ham and spinach. Transfer to a greased 1-1/2-qt. baking dish. Cover and bake at 350 degrees F for 25-30 minutes or until heated through.



# Spinach Cheese Phyllo Squares

## Ingredients

6 sheets phyllo dough  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
2 1/2 cups shredded part-skim  
mozzarella cheese  
1 1/2 cups shredded reduced-fat  
Cheddar cheese  
1 1/2 cups fat-free cottage cheese  
4 eggs  
1 1/2 teaspoons dried parsley  
flakes  
3/4 teaspoon salt  
6 egg whites  
1 1/2 cups fat-free milk

## Directions

Layer three phyllo sheets in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray, lightly spraying the top of each sheet with nonstick cooking spray.

In a bowl, combine the spinach, cheese, 2 eggs, parsley flakes and salt; spread over phyllo dough. Top with remaining phyllo sheets, lightly spraying the top of each sheet with nonstick cooking spray. Using a sharp knife, cut into 12 squares; cover and chill for 1 hour. Beat egg whites, milk and remaining eggs; pour over casserole. Cover and refrigerate overnight.

Remove from the refrigerator 1 hour before baking. Bake, uncovered, at 375 degrees F for 40-50 minutes or until a knife inserted near the center comes out clean and top is golden brown. Let stand for 10 minutes before cutting.

# Slow Cooker Spinach Marinara Sauce

## Ingredients

1/4 cup olive oil  
1 onion, chopped  
5 cloves garlic, minced  
1/3 cup grated carrot  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
2 2/3 (6 ounce) cans tomato paste  
1 (4.5 ounce) can sliced  
mushrooms, drained  
2 tablespoons salt  
2 tablespoons dried oregano  
2 tablespoons dried basil  
2 1/2 tablespoons crushed red  
pepper  
2 bay leaves  
1 (28 ounce) can peeled and  
crushed tomatoes, with liquid

## Directions

In a 5 quart slow cooker, combine olive oil, onion, garlic, carrot, spinach, tomato paste, mushrooms, salt, oregano, basil, crushed red pepper, bay leaves and tomatoes.

Cover and cook on high for 4 hours. Stir, reduce heat to low and cook for 1 to 2 hours more.

# Spinach Pasta Salad

## Ingredients

1 (12 ounce) package farfalle pasta  
10 ounces baby spinach, rinsed and torn into bite-size piece  
2 ounces crumbled feta cheese with basil and tomato  
1 red onion, chopped  
1 (15 ounce) can black olives, drained and chopped  
1 cup Italian-style salad dressing  
4 cloves garlic, minced  
1 lemon, juiced  
1/2 teaspoon garlic salt  
1/2 teaspoon ground black pepper

## Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, spinach, cheese, red onion and olives.

Whisk together the salad dressing, garlic, lemon juice, garlic salt and pepper. Pour over salad and toss. Refrigerate for 2 hours and serve chilled.

# Hot Spinach Red Pepper Dip

## Ingredients

1 cup water  
1 cup diced red bell pepper  
1/2 cup thawed frozen chopped spinach  
1 (8 ounce) package cream cheese  
2 tablespoons milk  
1/2 cup grated Parmesan cheese  
1/2 teaspoon crushed red pepper flakes  
1/4 teaspoon salt  
1 pinch freshly ground black pepper  
1 tablespoon finely diced red bell pepper

## Directions

Bring the cup of water to a boil in a small saucepan over high heat and add the 1 cup of diced red pepper and the chopped spinach. Bring the water back to a boil, turn the heat down to medium and simmer until the pepper is very soft, about 10 minutes. Drain the spinach and red pepper in a colander, pressing out as much liquid as possible.

Combine the cream cheese and milk in the saucepan and cook over medium heat until hot and softened. Stir in the cooked spinach and red peppers, Parmesan cheese, crushed red pepper flakes, salt, and ground black pepper. Continue to stir until well combined and heated through.

Spoon hot dip into a serving dish and serve with the tablespoon of finely diced red bell pepper sprinkled on top for garnish.

# Sauteed Portobellos and Spinach

## Ingredients

3 tablespoons butter  
2 large portobello mushrooms,  
sliced  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1/4 teaspoon dried basil  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 clove garlic, chopped  
2 tablespoons dry red wine  
1/4 cup grated Parmesan cheese

## Directions

Melt butter in a large skillet or saute pan over medium heat. Saute mushrooms, spinach, basil, salt, pepper and garlic until mushrooms are tender and spinach is heated through.

Pour in wine and reduce heat to low; simmer 1 minute. Stir in Parmesan cheese and serve.

# Spinach Bread

## Ingredients

1 cup water  
1 tablespoon vegetable oil  
1/2 cup frozen chopped spinach,  
thawed and drained  
3 cups all-purpose flour  
1/2 cup shredded Cheddar  
cheese  
1 teaspoon salt  
1 tablespoon white sugar  
1/2 teaspoon ground black  
pepper  
2 1/2 teaspoons active dry yeast

## Directions

Place all ingredients in bread machine pan in the order recommended by the manufacturer. Select white bread cycle.

# Spinach Steak Pinwheels

## Ingredients

1 1/2 pounds beef boneless sirloin steak  
8 bacon strips, cooked and drained  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/4 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper

## Directions

Make diagonal cuts in steak at 1-in. intervals to within 1/2 in. of bottom of meat. Repeat cuts in opposite direction. Pound to 1/2 in. thickness. Place bacon down the center of the meat. In a bowl, combine the spinach, Parmesan cheese, salt and cayenne; spoon over bacon. Roll up and secure with toothpicks. Cut into six slices.

Grill, uncovered, over medium heat for 6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Discard toothpicks.

# Spinach Tomato Linguine

## Ingredients

8 ounces uncooked linguine  
3 cups chopped, seeded plum tomatoes  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup chopped green onions  
1 tablespoon olive or canola oil  
1/4 teaspoon salt  
1/4 teaspoon garlic salt  
4 ounces crumbled feta cheese

## Directions

Cook linguine according to package directions. Meanwhile, in a large nonstick skillet, saute the tomatoes, spinach and onions in oil until tomatoes are softened. Sprinkle with salt and garlic salt. Reduce heat. Stir in feta; heat until warmed. Drain linguine; toss with tomato mixture. Serve immediately.



# Spinach and Sun-Dried Tomato Pasta

## Ingredients

1 cup vegetable broth  
12 dehydrated sun-dried tomatoes  
1 (8 ounce) package uncooked penne pasta  
2 tablespoons pine nuts  
1 tablespoon olive oil  
1/4 teaspoon crushed red pepper flakes  
1 clove garlic, minced  
1 bunch fresh spinach, rinsed and torn into bite-size pieces  
1/4 cup grated Parmesan cheese

## Directions

In a small saucepan, bring the broth to a boil. Remove from heat. Place the sun-dried tomatoes in the broth 15 minutes, or until softened. Drain, reserving broth, and coarsely chop.

Bring a large pot of lightly salted water to a boil. Place penne pasta in the pot, cook 9 to 12 minutes, until al dente, and drain.

Place the pine nuts in a skillet over medium heat. Cook and stir until lightly toasted.

Heat the olive oil and red pepper flakes in a skillet over medium heat, and saute the garlic 1 minute, until tender. Mix in the spinach, and cook until almost wilted. Pour in the reserved broth, and stir in the chopped sun-dried tomatoes. Continue cooking 2 minutes, or until heated through.

In a large bowl, toss the cooked pasta with the spinach and tomato mixture and pine nuts. Serve with Parmesan cheese.

# Indian Dahl with Spinach

## Ingredients

1 1/2 cups red lentils  
3 1/2 cups water  
1/2 teaspoon salt  
1/2 teaspoon ground turmeric  
1/2 teaspoon chili powder  
1 pound spinach, rinsed and chopped  
2 tablespoons butter  
1 onion, chopped  
1 teaspoon ground cumin  
1 teaspoon mustard seed  
1 teaspoon garam masala  
1/2 cup coconut milk

## Directions

Rinse lentils and soak for 20 minutes.

In a large saucepan, bring water to a boil and stir in salt, lentils, turmeric and chili powder. Cover and return to a boil, then reduce heat to low and simmer for 15 minutes. Stir in the spinach and cook 5 minutes, or until lentils are soft. Add more water if necessary.

In a small saucepan over medium heat, melt butter and saute onions with cumin and mustard seeds, stirring often. Cook until onions are transparent, and then combine with lentils. Stir in garam masala and coconut milk and cook until heated through.

# Spinach Stuffed Chicken Breasts

## Ingredients

4 skinless, boneless chicken breasts  
1/2 cup mayonnaise  
1/2 cup crumbled feta cheese  
2 cloves garlic, chopped  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
4 slices bacon

## Directions

In a medium bowl, mix mayonnaise, spinach, feta cheese, and garlic until well blended. Set aside.

Carefully butterfly chicken breasts, making sure not to cut all the way through. Spoon spinach mixture into chicken breasts. Wrap each with a piece of bacon, and secure with a toothpick. Place in shallow baking dish. Cover.

Bake at 375 degrees F (190 degrees C) for 1 hour, or until chicken is no longer pink.

# Spinach Chicken Parmesan

## Ingredients

1/3 cup grated Parmesan cheese  
1/4 teaspoon Italian seasoning  
6 skinless, boneless chicken breasts  
1/4 cup chopped green onions  
1 tablespoon butter  
1 tablespoon all-purpose flour  
1/2 cup skim milk  
1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
1 tablespoon chopped pimento peppers

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl combine cheese and seasoning. Roll chicken pieces in cheese mixture to coat lightly. Set remaining cheese mixture aside. Arrange coated chicken pieces in an 8x8x2 inch baking dish.

In a small saucepan, saute green onion in butter/margarine until tender. Stir in flour, then add milk all at once. Simmer, stirring, until bubbly. Stir in drained spinach and pimiento and mix together. Spoon spinach mixture over chicken and sprinkle with remaining cheese mixture. Bake uncovered for 30 to 35 minutes or until tender and chicken juices run clear.

# Spinach Stuffed Pizza

## Ingredients

1 (1 pound) loaf frozen bread dough, thawed  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup chopped fresh mushrooms  
1/2 cup chopped onion  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 cups shredded part-skim mozzarella cheese  
1/2 cup pizza sauce  
2 tablespoons shredded Parmesan cheese

## Directions

Place dough in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; divide into thirds. On a lightly floured surface, roll one portion of dough into a 10-in. circle. Transfer to a 9-in. springform pan coated with nonstick cooking spray. Press dough onto bottom and up sides of pan.

In a bowl, combine the spinach, mushrooms, onion, salt and pepper. Sprinkle half of the mozzarella cheese over crust. Cover with spinach mixture; sprinkle with remaining mozzarella. On a lightly floured surface, roll out a second portion of dough into a 10-in. circle; place over cheese layer. Pinch together top and bottom crust. (Save remaining dough for another use).

Bake at 400 degrees F for 25-30 minutes or until lightly browned. Spread pizza sauce over top crust; sprinkle with Parmesan cheese. Bake 5-6 minutes longer or until cheese is melted. Let stand for 5 minutes before cutting.

# Tropical Shrimp Spinach Salad

## Ingredients

3 fluid ounces pineapple juice  
3 tablespoons orange juice  
1/4 cup extra-virgin olive oil  
salt and pepper to taste

1 pound large peeled and  
deveined cooked shrimp  
1 tablespoon extra-virgin olive oil  
salt and pepper to taste

1 (10 ounce) bag baby spinach  
leaves  
1 mango - peeled, seeded and  
diced  
1/2 cup chopped macadamia nuts  
1/2 cup dried banana chips

4 ounces crumbled goat cheese  
3/4 cup sweetened flaked  
coconut, toasted

## Directions

Prepare the salad dressing by whisking together the pineapple juice, orange juice, and 1/4 cup olive oil. Season to taste with salt and pepper; set aside. Brush the shrimp with 1 tablespoon of olive oil, and season to taste with salt and pepper; set aside. Place the spinach leaves, mango, macadamia nuts, and banana chips into a large mixing bowl.

Heat a large skillet over medium-high heat. Heat the shrimp in the skillet on both sides until just warm in the center, about 1 minute per side.

To assemble the salads, drizzle the spinach mixture with the salad dressing, and toss until evenly combined. Divide onto four plates. Divide the warm shrimp among the plates, and top with goat cheese. This way the goat cheese will melt down a little from the warmth of the grilled shrimp. Sprinkle with toasted coconut flakes to serve.

# Curried Spinach Soup

## Ingredients

1 large potato - peeled and cubed  
6 tablespoons olive oil  
1/2 cup chopped green onions  
12 cups spinach - rinsed,  
stemmed, and dried  
1/3 cup all-purpose flour  
2 teaspoons curry powder  
4 cups chicken broth  
1 tablespoon lemon juice  
1 (8 ounce) carton nonfat sour  
cream

## Directions

Place the potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender. Drain, and set aside.

Heat 2 tablespoons of olive oil in a large saucepan or soup pot. Add the green onions, and cook until tender. Stir in the cooked potatoes, then gradually mix in the spinach, stirring after each addition until spinach is limp. Transfer the mixture to a food processor or blender, and puree until smooth.

Heat the remaining olive oil in the same pan, and whisk in the flour and curry powder. Gradually whisk in broth so that no lumps form. Return the spinach mixture to the pan, stirring to blend, along with the lemon juice. Bring to a boil over medium heat, stirring constantly until thickened.

Place sour cream in a medium bowl. Ladle about 1 cup of the hot soup into the sour cream, and mix until well blended. Stir this back into the pot of soup. Heat through, but do not allow to boil. Serve immediately.

# Quick Spinach-Ricotta Calzones

## Ingredients

1 (11.3 ounce) can refrigerated dinner rolls, at room temperature  
Cornmeal for rolling  
2 tablespoons olive oil  
1 medium onion, finely chopped  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
2 large garlic cloves, minced  
1/4 teaspoon ground nutmeg  
Salt and pepper, to taste  
1 cup ricotta cheese  
1 cup grated mozzarella cheese  
1/4 cup Parmesan cheese  
Olive oil, for brushing  
Your favorite marinara-style pasta sauce

## Directions

Separate rolls onto a cornmeal-sprinkled work surface. Cover with plastic wrap and let rest while preparing filling.

Heat oil in 12-inch skillet over medium-high heat. Add onion; saute until tender and golden, 2 to 3 minutes. Add spinach, garlic and nutmeg; saute, breaking up large clumps with a wooden spoon, until heated through, 2 to 3 minutes. Add salt and pepper. Transfer to a medium bowl; stir in ricotta. Let cool; stir in remaining cheeses.

Adjust oven rack to center position and heat oven to 450 degrees.

Sprinkling with cornmeal as necessary, roll out each roll into a 7-inch circle. Spoon a scant 1/2 cup of filling just below the center line, leaving a 1-inch border along the bottom half of the dough circle. Spoon filling just below the center line of the circle of dough, leaving a border along the bottom half of the circle. With wet fingertips, moisten the bottom border. Fold dough over filling and press edges together. Thoroughly seal by using fingertips to crimp and flute the edges or by pressing with the tines of a fork. Place on a large cookie sheet lined with parchment paper. (At this point, can be frozen up to 2 weeks.)

Brush tops with oil. Bake until golden brown, about 16 minutes (longer if frozen). Let cool slightly and serve with warm marinara sauce.



# Wilted Spinach Salad

## Ingredients

6 eggs  
1 pound bacon  
2 bunches fresh spinach, rinsed  
and dried  
4 green onions, thinly sliced  
2 eggs  
1/4 cup white sugar  
1/4 cup white vinegar  
1/4 cup red wine vinegar

## Directions

Place 6 eggs in a medium saucepan with enough cold water to cover. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside, reserving approximately 1/2 cup of drippings in the skillet.

In a large bowl, toss together the spinach and green onions.

Heat the reserved drippings over low heat. In a small bowl, whisk together the 2 remaining eggs, sugar, white vinegar, and red wine vinegar. Add to warm grease, and whisk for about a minute, until thickened. Pour at once over spinach, add crumbled bacon, and toss to coat. Garnish with chopped egg.

# Bacon-Wrapped Chicken Stuffed with Spinach

## Ingredients

2 tablespoons extra-virgin olive oil  
2 teaspoons minced garlic  
1 (10 ounce) bag washed fresh spinach  
4 skinless, boneless chicken breast halves  
1/2 (15 ounce) container ricotta cheese  
2/3 cup grated Parmesan cheese  
1/2 teaspoon garlic salt  
1/2 teaspoon onion powder  
2 teaspoons Italian seasoning  
salt and pepper to taste  
8 slices thick sliced bacon

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.

Heat olive oil in a large skillet over medium-high heat. Add garlic; cook and stir until it begins to brown, about 30 seconds. Quickly stir in spinach, and continue cooking until the spinach has wilted. Transfer the mixture into a bowl, and set aside to cool.

Slice through the chicken breast horizontally to within 1/2 inch of one long edge, then open the meat like a book. Place each opened chicken breast in between two pieces of plastic wrap, and pound with a meat mallet to a thickness of 1/4 inch.

Stir the ricotta cheese, Parmesan cheese, Italian seasoning, garlic salt, and onion powder into the cooked spinach until blended. Evenly divide this mixture among the chicken breasts, then roll each into an oblong shape, like a burrito, tucking in the ends. Season to taste with salt and pepper, and sprinkle with Italian seasoning. Wrap each breast with 2 strips of bacon, and secure with toothpicks. Place into the prepared pan.

Bake in preheated oven until the bacon is brown and crispy, and the chicken is no longer pink, 45 to 60 minutes. Remove from oven, and allow to rest for 5 to 10 minutes before removing toothpicks and serving.

# Pumpkin, Spinach and Barley Rolls

## Ingredients

1/2 cup pearl barley  
1 1/2 cups water  
2 1/4 cups canned pumpkin  
8 leaves spinach - rinsed,  
stemmed, and dried  
1/2 teaspoon ground cumin  
1/4 teaspoon chili powder  
salt and pepper to taste  
1 (17.5 ounce) package frozen  
puff pastry, thawed

## Directions

In a medium-size pot, bring water and barley to a boil. Reduce heat to simmer, cover and let cook 15 minutes.

Preheat oven to 375 degrees F (190 degrees C).

In a large mixing bowl, combine pumpkin, barley, spinach, cumin, chili powder, and salt and pepper.

Lay out a sheet of pastry and place 1/2 of the pumpkin mixture along the center horizontally. Roll the pastry over the mixture, and seal the seams with a little water. Cut stuffed pastry into thirds. Arrange portions on a cookie sheet. Repeat with the remaining ingredients.

Bake at 375 degrees F (190 degrees C) for 20 minutes, or until golden brown.

# Veronica's Hot Spinach, Artichoke and Chile Dip

## Ingredients

2 (8 ounce) packages cream cheese, softened  
1/2 cup mayonnaise  
1 (4.5 ounce) can chopped green chiles, drained  
1 cup freshly grated Parmesan cheese  
1 (12 ounce) jar marinated artichoke hearts, drained and chopped  
1/4 cup canned chopped jalapeno peppers, drained  
1 (10 ounce) box frozen chopped spinach, thawed and drained

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix together the cream cheese and mayonnaise in a bowl until smooth. Stir in the green chiles, Parmesan cheese, artichokes, peppers, and spinach. Spoon the mixture into a baking dish.

Bake in preheated oven until slightly browned, about 30 minutes.

# Spinach Apple Salad

## Ingredients

2 tablespoons cider vinegar  
2 tablespoons vegetable oil  
1/4 teaspoon salt  
1/4 teaspoon sugar  
1 cup diced, unpeeled apples  
1/4 cup chopped sweet onion  
1/4 cup raisins  
2 cups torn fresh spinach  
2 cups torn romaine

## Directions

In a small bowl, combine vinegar, oil, salt and sugar; mix well. Add apple, onion and raisins; toss lightly to coat. Cover and let stand for 10 minutes. Just before serving, combine spinach and romaine in a large salad bowl; add dressing and toss.

# Hot Artichoke Spinach Dip

## Ingredients

1 (14 ounce) can artichoke hearts, drained  
1/3 cup grated Romano cheese  
1/4 cup grated Parmesan cheese  
1/2 teaspoon minced garlic  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1/3 cup heavy cream  
1/2 cup sour cream  
1 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

In a blender or food processor, place artichoke hearts, Romano cheese, Parmesan cheese and garlic . Pulse until chopped, but not ground. Set aside.

In a medium bowl, mix together spinach, heavy cream, sour cream and mozzarella cheese. Stir in artichoke mixture. Spoon into prepared baking dish.

Bake in the preheated oven for 20 to 25 minutes, or until cheese is melted and bubbly.

# Spinach, Feta, and Pine Nut Ravioli Filling

## Ingredients

For the Filling:

1 tablespoon olive oil  
1 (10 ounce) bag fresh spinach  
1 cup feta cheese  
1/2 cup pine nuts

To Make the Ravioli:

2 fresh pasta sheets  
1 egg  
1 tablespoon water

## Directions

Heat the olive oil in a large skillet over medium-high heat. Cook the spinach until fully wilted, about 2 minutes. Let cool, then squeeze the spinach to remove as much liquid as you can.

Combine the cooked spinach, feta, and pine nuts in a blender or food processor and pulse until it is the consistency of a fine paste. Beat the egg and water together in a small bowl.

To assemble the ravioli, brush the egg over a sheet of pasta. Drop the filling mixture on the dough by teaspoonfuls about one inch apart. Cover the filling with the top sheet of pasta, pressing out the air from around each portion of filling. Press firmly around the filling in whatever shape you wish (circles, squares) and then cut them apart. Press the tines of a fork around the edges of the pasta to seal each raviolo.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the ravioli, stir gently, and return to a boil. Cook uncovered until the ravioli float to the top and the filling is hot, about 3 to 5 minutes.

# Easy Spinach Stuffing Casserole

## Ingredients

4 cups Pepperidge Farm® Herb Seasoned Stuffing  
1 tablespoon butter or margarine  
1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup or Campbell's® Condensed 98% Fat Free Cream of Celery Soup  
1/2 cup sour cream  
1 teaspoon onion powder  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1/4 cup grated Parmesan cheese

## Directions

Mix 1/2 cup stuffing and butter.

Mix soup, sour cream, onion powder, spinach and cheese. Add remaining stuffing. Mix lightly. Spoon into 1 1/2-quart casserole. Sprinkle stuffing mixture on top.

Bake at 350 degrees F for 35 minutes or until hot.



# Sugar Toasted Almond Spinach Salad

## Ingredients

1/2 cup slivered almonds  
3 tablespoons white sugar  
  
3/4 cup red wine vinegar  
1/3 cup salad oil  
1/3 cup white sugar  
2 tablespoons yellow mustard  
3/4 tablespoon poppy seeds  
3/4 teaspoon salt  
  
1 head romaine lettuce, torn into bite sized pieces  
1 (6 ounce) bag baby spinach leaves  
3/4 pound sliced mushrooms  
3/4 pound shredded Swiss cheese  
1 red onion, chopped  
1 cup mandarin oranges

## Directions

Combine almonds and sugar in a small skillet over medium-high heat; cook and stir until sugar is melted over almonds, about 3 minutes. Spread almonds in a single layer on waxed paper to cool.

To make the salad dressing, whisk together the vinegar, salad oil, sugar, mustard, poppy seeds, and salt in a bowl; set aside.

Toss together the romaine lettuce, spinach, mushrooms, Swiss cheese, onion, and oranges in a large bowl. Sprinkle almonds and drizzle dressing over top of salad just before serving.

# Spinach and Cheese Pie

## Ingredients

2 pounds spinach, washed and chopped  
1 onion, chopped  
1/2 pound fresh mushrooms, sliced  
3 tablespoons vegetable oil  
2 cups ricotta cheese  
2 tablespoons dried basil  
2 eggs  
1 cup feta cheese  
3/4 cup butter, melted  
1 (16 ounce) package phyllo dough

## Directions

Steam the spinach until just wilted.

In a medium skillet heat the oil until hot and saute the onions and mushrooms. Stir together with the spinach.

In a medium bowl, beat the eggs well. Stir in the ricotta, feta, and basil.

Butter a deep dish pie pan. Place a sheet of phyllo on the bottom of the pan, and brush melted butter over the sheet. Repeat until there are 5 or 6 sheets in the pan. Spread the ricotta mixture over the phyllo. Layer 5 or 6 more sheets of filo brushed with butter on top of the cheese. Spread spinach mixture over the phyllo. Top the pie with 5 or 6 more sheets of phyllo brushed with butter. Trim dough to the edge of the pie dish.

Bake at 375 degrees F (175 degrees C) for about 1 hour, or until pie is golden brown.

# Mushrooms and Spinach Italian Style

## Ingredients

4 tablespoons olive oil  
1 small onion, chopped  
2 cloves garlic, chopped  
14 ounces fresh mushrooms,  
sliced  
10 ounces clean fresh spinach,  
roughly chopped  
2 tablespoons balsamic vinegar  
1/2 cup white wine  
salt and freshly ground black  
pepper to taste  
chopped fresh parsley, for garnish

## Directions

Heat the olive oil in a large skillet over medium-high heat. Saute onion and garlic in the oil until they start to become tender. Add the mushrooms, and fry until they begin to shrink, about 3 to 4 minutes. Toss in the spinach, and fry, stirring constantly for a few minutes, or until spinach is wilted.

Add the vinegar, stirring constantly until it is absorbed, then stir in the white wine. Reduce heat to low, and simmer until the wine has almost completely absorbed. Season with salt and pepper to taste, and sprinkle with fresh parsley. Serve hot.

# Super-Simple Bacon, Spinach, and Artichoke Dip

## Ingredients

1 pound bacon  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (10 ounce) can artichoke hearts,  
drained and chopped  
1 (8 ounce) container sour cream  
1/4 cup mayonnaise  
1/4 cup grated Parmesan cheese

## Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned and crisp, about 12 minutes. Drain the bacon slices on a paper towel-lined plate. Cool; chop coarsely.

Stir together the bacon, spinach, artichoke hearts, sour cream, mayonnaise, and Parmesan cheese until well combined. Serve immediately, or store in the refrigerator in an airtight container for up to 5 days.

# Spinach Mushroom Salad

## Ingredients

5 tablespoons olive oil or vegetable oil  
1 tablespoon lemon juice  
1 tablespoon lime juice  
1 1/2 teaspoons white wine vinegar or cider vinegar  
1 garlic clove, minced  
3/4 teaspoon minced fresh parsley  
1/4 teaspoon salt  
1/4 teaspoon ground mustard  
1/8 teaspoon dried basil  
1/8 teaspoon dried oregano  
1/8 teaspoon rubbed sage  
1 dash coarsely ground pepper  
8 fresh mushrooms, sliced  
7 cups torn fresh spinach

## Directions

In a small bowl, combine the first 12 ingredients; mix well. Add mushrooms and toss to coat. Cover and refrigerate for at least 30 minutes. Just before serving, toss the spinach and mushroom mixture in a salad bowl.

# Spinach Greens

## Ingredients

4 bacon strips  
12 cups torn fresh spinach or beet greens  
1 tablespoon sugar  
3/4 teaspoon salt

## Directions

In a large skillet, cook the bacon until crisp; remove to a paper towel to drain. Add greens to drippings; cook, stirring constantly, just until wilted. Stir in the sugar and salt. Crumble bacon and stir into greens. Serve immediately.

# Spinach and Bacon Chicken

## Ingredients

7 slices bacon  
4 skinless, boneless chicken breast halves - cut into strips  
2 cups all-purpose flour for coating  
1 cup white wine  
1 bunch fresh spinach, washed, stems removed  
1 cup heavy whipping cream

## Directions

In large skillet, fry bacon until cooked to your liking; Remove bacon strips from skillet (leave bacon fat in skillet for frying chicken breasts) and place on paper towels to dry.

Dredge/coat chicken breasts in flour, then brown in the same skillet, in the bacon fat, until somewhat crispy on each side.

Remove chicken from skillet and place on paper towels. Pour out remaining bacon fat and pour in the cup (or more, if you like) of wine. Add the amount of spinach you want to have, cover the skillet and simmer over medium low heat until spinach is wilted.

Add the cream and chicken breasts to the skillet and mix with the spinach. Crumble bacon slices into bits and add to the chicken/spinach mixture. Cover skillet and simmer for about 5 minutes.

# Spinach-Stuffed Pumpkins

## Ingredients

4 small sugar pumpkins  
1 (9 ounce) package frozen  
creamed spinach, thawed  
3 ounces cream cheese, softened  
4 slices white cheese, such as  
Monterey Jack  
butter

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut off tops and remove seeds from pumpkins. Coat the insides with butter, and season with salt and pepper. Replace lids. Place in a shallow baking dish with a small amount of water to prevent bottoms from scorching during cooking.

Bake in the preheated oven for 30 minutes, or until insides have darkened yet outsides remain firm. Meanwhile, small saucepan, stir softened cream cheese into spinach until melted and well-blended.

Fill pumpkins with spinach mixture, and top each with a slice of cheese. Return to the oven for 3 minutes to melt cheese if serving immediately. Pumpkins may be covered and refrigerated at this point until ready to serve. May be reheated in the microwave for 2 minutes.



# Spinach Triangles (Fatayer Sabanegh)

## Ingredients

4 cups fresh spinach leaves, chopped  
1 pinch salt  
1 onion, finely chopped  
1 pinch salt  
2 tablespoons extra-virgin olive oil  
2 tablespoons ground sumac  
2 tablespoons pine nuts (optional)  
3 tablespoons fresh lemon juice  
1/2 teaspoon ground black pepper  
1 cup butter  
1 (16 ounce) package frozen phyllo dough, thawed

## Directions

Place the chopped spinach in a bowl with a pinch of salt, and stir the spinach and salt for about 1 minute until the spinach begins to wilt and release its juice.

In a separate bowl, combine the chopped onion with a pinch of salt, and stir for about 1 minute to wilt the onion. Add the wilted spinach, olive oil, sumac, pine nuts, lemon juice, and pepper, and stir to combine. Let the stuffing mixture rest for 5 minutes, and then drain off the liquid.

Melt butter in a small saucepan over low heat, and set aside.

Preheat an oven to 400 degrees F (200 degrees C). Line baking sheets with parchment paper.

Place a phyllo sheet onto a flat surface, and brush it lightly with melted butter. Place a second sheet on top of the first sheet, and brush with melted butter. Cut each stack of 2 buttered sheets into 5 strips about 3 1/2 inches wide by 13 inches long. Cover strips waiting to be filled with a damp cloth while you fill and roll the triangles.

To fold a triangle, place a tablespoon of filling centered at the top end of a phyllo dough strip, and fold the right corner across and down, to make a pointed, filled dough pocket at the top of the strip. Fold the pocket down one more turn, like folding a flag, to make a triangle shape. Continue to fold the triangle down and across the dough strip until you reach the end of the strip and you have a compact, filled triangle of dough. Repeat with the remaining filling and phyllo dough.

Place the filled triangles onto the prepared baking sheets, and brush them with butter. Working in batches if necessary, bake in the preheated oven for 12 to 15 minutes per batch, until the triangles are golden brown.

# Bermuda Spinach Salad

## Ingredients

6 eggs  
1/2 pound bacon  
2 pounds spinach, rinsed and chopped  
2 3/4 ounces croutons  
1/4 cup sliced fresh mushrooms  
1 onion, chopped  
2/3 cup white sugar  
1 teaspoon salt  
1 cup vegetable oil  
1/3 cup cider vinegar  
1/2 teaspoon ground black pepper  
1 teaspoon celery seed  
1 tablespoon prepared Dijon-style mustard

## Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Once cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Prepare the dressing in a blender by combining the onion, sugar, salt, oil, vinegar, pepper, celery seed and Dijon mustard. Blend until smooth.

In a large salad bowl, combine the eggs, bacon, spinach, croutons and mushrooms. Toss to mix. Pour enough dressing over salad to lightly coat. Toss and serve.

# Rhubarb Spinach Salad

## Ingredients

1/2 pound fresh spinach --  
cleaned, stemmed, and dried  
2 large stalks of rhubarb, cut  
diagonally into thin slices  
water to cover  
1/4 cup white sugar  
2 tablespoons sweet red wine  
vinegar  
6 tablespoons olive oil

## Directions

Arrange the spinach leaves on a platter.

Place the rhubarb in a skillet with enough water to cover by 1 inch; add the sugar. Bring the rhubarb to a gentle boil over medium-low heat and simmer until the sugar has dissolved and the rhubarb is lightly cooked, about 2 minutes. Remove the rhubarb with a slotted spoon and distribute over the spinach.

Stir the vinegar into the liquid left in the skillet, raise heat to medium, and bring to a boil. Return heat to medium-low and cook until the liquid has reduced to about 3/4 cup, about 10 minutes. Remove from the heat, whisk in the olive oil, and pour the hot dressing over the spinach and rhubarb to wilt the lettuce. Divide salad between 2 plates; serve warm.

# Spinach Cheese Appetizers

## Ingredients

1/2 cup butter, melted  
1 cup all-purpose flour  
1 teaspoon salt  
1 teaspoon baking powder  
3 eggs  
1 cup milk  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry  
4 cups shredded Monterey Jack  
cheese

## Directions

Pour butter into a 13-in. x 9-in. x 2-in. baking dish; tilt to coat. In a bowl, combine the flour, salt and baking powder. Whisk eggs and milk; stir into dry ingredients just until blended. Fold in spinach and cheese. Pour into prepared dish.

Bake, uncovered, at 350 degrees F for 30-35 minutes or until a knife inserted near the center comes out clean. Cool for 5 minutes; cut into small squares. Serve immediately or transfer to a freezer container. May be frozen for up to 3 months.

# Cheesy Creamed Spinach

## Ingredients

3 (10 ounce) bags clean fresh spinach, roughly chopped  
1 1/4 cups heavy cream  
1/4 cup butter  
2 tablespoons minced garlic  
3 tablespoons minced white onion  
6 slices shredded provolone cheese  
1/2 cup freshly grated Parmesan cheese  
salt and pepper to taste

## Directions

Heat a large skillet over medium-high heat. Add spinach and cook until wilted, stirring constantly. Remove from the skillet and drain in a colander. Try to squeeze out as much liquid as possible.

Melt the butter in the skillet over medium heat. Add garlic and onions; cook and stir until tender, about 5 minutes. Add the spinach and stir in the heavy cream. Sprinkle in the provolone cheese and stir to melt and coat the spinach. Once the provolone has melted, stir in the Parmesan cheese and continue to cook and stir until thickened. Season with salt and pepper and serve hot.

# Campbell's Kitchen Warm Spinach Dip

## Ingredients

Vegetable cooking spray  
1 medium onion, chopped  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
well drained  
2 tablespoons all-purpose flour  
1 cup milk  
1 cup PaceB® Picante Sauce  
4 ounces shredded part-skim  
mozzarella cheese  
tortilla chips or fresh vegetables

## Directions

Spray a 2-quart saucepan with the cooking spray and heat over medium heat for 1 minute. Add the onion and cook until it's tender, stirring occasionally.

Stir the spinach and flour in the skillet. Gradually stir the milk in the skillet. Cook and stir until the mixture boils and thickens. Stir in the picante sauce and cheese and cook until the cheese is melted. Serve with the tortilla chips for dipping.

# Spinach Casserole

## Ingredients

2 (10 ounce) packages frozen chopped spinach  
8 ounces crumbled feta cheese  
2 cups shredded mozzarella cheese  
1 cup cubed processed cheese food  
1 cup melted butter, divided  
2 tablespoons distilled white vinegar  
1/2 teaspoon garlic powder  
salt and pepper to taste  
1 (16 ounce) package phyllo dough

## Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine the spinach, feta cheese, mozzarella cheese, processed cheese food, 1/2 the butter, vinegar, garlic powder, salt and pepper. Mix well and set aside.

Place a layer of phyllo dough into the bottom of a lightly greased 2-quart casserole dish. Spread the spinach and cheese mixture into the dish and top with 4 layers of phyllo dough, spraying each layer with butter-flavored cooking spray. Drizzle the remaining butter over the top.

Bake at 425 degrees F (220 degrees C) for 20 minutes.

# Fast and Easy Spinach with Shallots

## Ingredients

1 tablespoon olive oil  
1 shallot, diced  
1 (10 ounce) bag baby spinach  
leaves  
kosher salt and freshly ground  
pepper to taste

## Directions

In a large skillet, heat olive oil over medium heat. Stir in shallots and cook until transparent, about 5 minutes. Add spinach, sprinkle with salt and pepper; cook and stir 3 to 5 minutes until leaves are wilted and reduced.



# Spinach Fettuccini with Broccoli and Ham

## Ingredients

12 ounces spinach fettuccini  
pasta  
1 tablespoon olive oil  
1 small onion, chopped  
12 ounces chopped cooked ham  
1 pound broccoli florets, blanched  
1/2 cup creme fraiche  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain, and return to pot.

Heat oil in a large heavy skillet over medium heat. Saute onion until soft and translucent. Stir in ham, and heat through. Mix onion, ham and broccoli with pasta in pot. Mix in creme fraiche until evenly coated.

# Spinach-Gorgonzola Salad

## Ingredients

1/3 cup balsamic vinegar  
2/3 cup extra virgin olive oil  
2 tablespoons Dijon mustard  
salt and pepper to taste

1/4 cup pine nuts  
1 pound thickly sliced honey-smoked bacon  
2 bunches baby spinach leaves  
1/4 cup crumbled Gorgonzola cheese  
1 medium red onion, quartered and thinly sliced

## Directions

In a small bowl, whisk together the balsamic vinegar, olive oil, mustard, salt and pepper to make the dressing. Set aside.

Place the pine nuts in a dry skillet over medium heat. Cook and stir for a few minutes, just until they are fragrant and lightly toasted. Set aside to cool.

Cook bacon in a large skillet over medium-high heat until evenly browned and crisp. Remove bacon to paper towels to drain. Reserve a thin layer of bacon grease in the pan. Stir in about 1/4 cup of the dressing, and turn the heat to medium. Add the onions; cook, stirring occasionally, until caramelized, about 20 minutes.

Reduce the heat to low, and crumble the bacon into the pan. Stir in the remaining dressing, and heat through.

Place the spinach in a large bowl. Pour the warmed dressing with bacon and onion over the spinach, then sprinkle with pine nuts and gorgonzola cheese.

# Mediterranean Orzo Spinach Salad

## Ingredients

1 cup uncooked orzo pasta  
2 tablespoons extra virgin olive oil, divided  
1 pound ground lamb  
2 cloves garlic, chopped  
1 tablespoon ground coriander  
salt and pepper to taste  
4 cups fresh spinach leaves, chopped  
3 tomatoes, seeded and chopped  
1 lemon, zested and juiced  
1/4 cup chopped fresh mint leaves  
1/4 cup chopped fresh parsley  
5 green onions, chopped  
1 cup crumbled feta cheese

## Directions

Bring a pot of lightly salted water to a boil. Add orzo pasta, cook for 5 minutes, or until al dente. Drain.

Heat 1 tablespoon olive oil in a skillet over medium heat. Place the lamb and garlic in the skillet. Season lamb with coriander, salt, and pepper. Cook until evenly browned. Remove from heat, and drain.

In a large bowl, mix the spinach, tomatoes, lemon juice and zest, mint, parsley, green onions, and remaining olive oil. Toss with the orzo, lamb, and feta cheese to serve.

# Spinach and Mushroom Salad

## Ingredients

4 slices bacon  
2 eggs  
2 teaspoons white sugar  
2 tablespoons cider vinegar  
2 tablespoons water  
1/2 teaspoon salt  
1 pound spinach  
1/4 pound fresh mushrooms,  
sliced

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. Reserve 2 tablespoons bacon fat.

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and cut in wedges.

Return 2 tablespoons bacon fat to skillet, stir in sugar, vinegar, water and salt. Keep warm.

Wash and remove stems from spinach, dry thoroughly and break into pieces in salad bowl. Pour warm dressing over and toss until coated.

Top salad with mushrooms and bacon, garnish with egg.

# Spinach Cheese Squares

## Ingredients

2 tablespoons butter  
3 eggs  
1 cup all-purpose flour  
1 cup milk  
1 teaspoon baking powder  
1 pound shredded Cheddar cheese  
2 (10 ounce) packages frozen chopped spinach  
1 tablespoon minced onion

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place butter or margarine in a 9x13 inch baking dish and melt butter in oven. Remove when melted, approximately 3 minutes.

In large mixing bowl, beat eggs well. Mix in flour, milk and baking powder. When the dough is well combined, mix in cheese, spinach, and onion. Spoon mixture into the baking dish with melted butter.

Bake for 35 minutes. Let cool 45 minutes then cut into bite-size squares.

# Stuffed Garlic Spinach Bread

## Ingredients

2 tablespoons extra-virgin olive oil, divided  
1 large onion, finely chopped  
3 cloves garlic, minced  
1 (14.5 ounce) can no-salt-added chopped, spinach, drained and squeezed dry  
1/2 cup diced, canned red bell peppers (pimentos)  
12 large black olives, chopped (optional)  
Pinch crushed red pepper  
1/4 cup freshly grated Parmesan cheese, divided  
Kosher salt and ground black pepper, to taste  
1 pound frozen pizza dough, thawed

## Directions

Preheat oven to 425 degrees F.

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onion and saute until tender, about 3 minutes. Add garlic and stir 30 seconds. Remove from heat and stir in spinach, peppers, olives, crushed pepper, 3 tablespoons Parmesan cheese, salt and pepper.

Roll out pizza dough into a 12-inch round using just enough flour on the work surface and dough to keep it from sticking. Brush off excess flour and transfer dough to a baking sheet. Sprinkle remaining Parmesan over the center and mound the spinach mixture on one side of the dough leaving a 1/2-inch border of exposed dough at the edge. Brush the exposed edge with water, and fold the other side of the dough over top, stretching it so that it completely encases the filling. Firmly pinch the edges together sealing the filling inside. Cut 4 slits in the top and brush with remaining olive oil. Bake until crisp and brown, about 20 minutes; cool 10 minutes before serving. Cut in 6 wedges.

# Spinach Salad with Honey Dressing

## Ingredients

1 medium red apple  
Lemon Juice  
6 cups torn fresh spinach  
6 cups torn red leaf lettuce  
1 small red onion, sliced and separated into rings  
1 (11 ounce) can mandarin oranges, drained  
1/3 cup sunflower kernels, toasted  
6 bacon strips, cooked and crumbled  
DRESSING:  
1/2 cup vegetable oil  
1/4 cup sugar  
2 tablespoons cider vinegar  
2 1/2 tablespoons honey  
1/2 teaspoon celery salt  
1/2 teaspoon onion salt  
1/2 teaspoon paprika  
1/2 teaspoon ground mustard  
1/2 teaspoon lemon juice

## Directions

Thinly slice apple; brush with lemon juice. In a large salad bowl, toss the spinach, lettuce, onion, oranges and apple slices. Sprinkle with sunflower kernels and bacon.

In a microwave-safe bowl, whisk the dressing ingredients. Microwave, uncovered, on high for 1 minute. Stir and drizzle over salad. Serve immediately.

# Effortless Spinach Salad

## Ingredients

### Salad:

8 ounces fresh spinach  
1/2 cup feta or goat cheese,  
crumbled  
1/4 small red onion, thinly sliced  
1/2 cup CraisinsB® Original Dried  
Cranberries  
2 tablespoons toasted sliced  
almonds (optional)

### Dressing:

1/2 cup balsamic vinaigrette salad  
dressing  
2 tablespoons orange juice  
1 teaspoon grated orange zest  
(optional)

## Directions

Wash and clean spinach. Tear into bite size pieces and place in a serving bowl. Add half of the feta or goat cheese and onion; toss to combine.

Combine dressing ingredients in a small mixing bowl. Pour over salad and toss to coat. Sprinkle with remaining cheese. Top with sweetened dried cranberries and almonds. Serve immediately.



# Spinach Artichoke Crostini

## Ingredients

1 1/2 cups frozen chopped spinach  
1 (13.75 ounce) can artichoke hearts, drained and chopped  
1/4 cup light mayonnaise  
1/4 cup light sour cream  
1/4 cup sour cream or light sour cream  
1/2 cup shredded Parmesan cheese  
3/4 cup shredded mozzarella cheese  
1/4 teaspoon garlic powder  
2 drops hot pepper sauce  
10 slices Wonder® Classic White Sandwich Bread, toasted

## Directions

Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil.

Place spinach in a glass or microwave safe mixing bowl. Add 1 tablespoon water. Cover and microwave on High (100%) 3 minutes. Drain well and squeeze dry. Blend in remaining ingredients, except Wonder Bread. Cover. Microwave on High 2 to 3 minutes, or until hot and melted, stirring every minute.

Cut each slice of toasted bread in half diagonally, then in half diagonally again, making 4 pieces per slice. Arrange slices in a single layer on foil-lined baking sheet. Spoon about 1 tablespoon hot dip onto each bread quarter, spreading until even and just near the edges.

Bake 5 to 6 minutes or until golden and hot.

# Spinach Frittata

## Ingredients

1/2 cup julienned sweet red pepper  
1/2 cup chopped onion  
2 tablespoons olive or vegetable oil  
3 eggs  
1/2 cup milk  
1 cup chopped cooked chicken  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup shredded mozzarella cheese  
1 tablespoon grated Parmesan cheese  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Directions

In a skillet, saute the red pepper and onion in oil until tender. In a bowl, beat eggs and milk. Stir in chicken if desired, 1/2 cup spinach, mozzarella and Parmesan cheeses, salt and pepper (save remaining spinach for another use). Add to the skillet. Cover and cook over medium heat for 7-10 minutes or until completely set. Cut into wedges.

# Curried Chipotle Potato, Spinach and Cheese

## Ingredients

4 small red potatoes  
2 tablespoons olive oil  
curry paste, to taste  
2 tablespoons cream  
4 slices Muenster cheese  
2 (10 inch) flour tortillas  
2 cups baby spinach, rinsed and dried  
1/4 cup chipotle salsa, or to taste

## Directions

Bring a small pot of salted water to a boil. Cook potatoes in boiling water until tender but still firm, about 15 minutes. Drain, cool and chop.

Heat olive oil in a large skillet over medium-high heat; add potatoes and cook until warm. Stir in curry paste and cream over low heat. Place two slices of cheese on each tortilla and microwave individually for fifteen to twenty-five seconds until melted.

To assemble, divide the potatoes and spinach evenly between the tortillas and add chipotle salsa to taste. Heat in the microwave for twenty seconds, then enclose the tortillas around the filling.

# Salmon with Spinach Sauce

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup mayonnaise  
1 tablespoon Dijon mustard  
2 teaspoons lemon juice  
1/4 teaspoon garlic salt  
1 1/2 cups water  
2 (6 ounce) salmon fillets  
1/2 teaspoon lemon-pepper seasoning  
4 slices lemon

## Directions

In a small bowl, combine the spinach, mayonnaise, mustard, lemon juice and garlic salt; cover and refrigerate until serving.

Pour water into a pressure cooker. Place salmon on rack; sprinkle with lemon-pepper and top with lemon slices. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 2 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove from the heat. Immediately cool according to manufacturers directions until pressure is completely reduced. Discard lemon slices. Serve salmon with spinach sauce.

# Justine's Artichoke Chicken Spinach Dip

## Ingredients

1 (10 ounce) box frozen chopped spinach, thawed and drained  
1 (13.75 ounce) can artichoke hearts, drained  
1 (12.5 fl oz) can chunk chicken, drained  
1 cup mayonnaise  
2 cups shredded mozzarella cheese  
2 cloves garlic, crushed  
1 teaspoon liquid smoke flavoring

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine the spinach, artichokes, chicken, mayonnaise, cheese, garlic, and liquid smoke in a large bowl; mix well. Spoon mixture into a glass baking dish.

Bake in preheated oven until the edges turn golden brown, about 30 minutes.

# Spinach Alfredo Pizza

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (10 ounce) container Alfredo Sauce  
1 (6 ounce) can sliced mushrooms, drained  
1 (10 ounce) can artichoke hearts, drained and quartered  
1/2 cup grated Parmesan cheese  
4 cups shredded mozzarella cheese  
2 unbaked pizza crusts  
2 tablespoons olive oil  
1 (2.25 ounce) can sliced black olives (optional)

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Spread pizza crusts out onto baking sheets or pizza pans.

Place the spinach and Alfredo sauce in a saucepan, and warm over medium heat. Stir occasionally. Spread 1 tablespoon of olive oil onto each pizza crust. Spoon half of the Alfredo and spinach onto each crust, then arrange artichoke hearts over the sauce layer. Top each pizza with half of the mozzarella cheese and Parmesan cheese. Sprinkle mushrooms and black olives on top.

Bake pizzas one at a time for 20 minutes in the preheated oven, or until the bottom is nicely browned.

# Spinach Dip with Water Chestnuts

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (16 ounce) container sour cream  
1 cup mayonnaise  
1 envelope dry vegetable soup mix  
1 (8 ounce) can water chestnuts, drained and chopped  
3 green onions, chopped

## Directions

In a medium bowl, mix together spinach, sour cream, mayonnaise, dry vegetable soup mix, water chestnuts and green onions. Cover and chill in the refrigerator approximately 2 hours before serving.

# Creamed Spinach Casserole

## Ingredients

1 (10 ounce) package frozen  
chopped spinach  
5 tablespoons butter or margarine,  
divided  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded Cheddar  
cheese  
2 eggs, beaten  
1/2 cup milk  
1/2 cup soft bread crumbs

## Directions

In a saucepan, cook spinach in a small amount of water for 2-3 minutes; drain thoroughly. Add 4 tablespoons butter, salt, pepper, cheese, eggs and milk. Spoon into two greased 8-oz. baking dishes. Melt the remaining butter; add crumbs. Sprinkle over spinach mixture. Bake, uncovered, at 350 degrees F for 20-25 minutes or until almost set.



# Wilted Spinach

## Ingredients

1/4 cup extra virgin olive oil  
2 tablespoons balsamic vinegar  
1 teaspoon lemon juice  
1 tablespoon bottled minced garlic  
1 pinch sea salt  
1 pinch ground black pepper  
4 ounces baby spinach  
1 1/2 tablespoons pine nuts

## Directions

In a bowl, mix the olive oil, vinegar, lemon juice, garlic, salt, and pepper.

Place the spinach over boiling water in a pot fitted with a steamer basket, and steam 2 to 3 minutes, until wilted but not soggy.

Toss spinach in a bowl with the dressing, and sprinkle with pine nuts to serve.

# Spinach Beef Bake

## Ingredients

1 pound ground beef  
1 (4.5 ounce) jar sliced mushrooms, drained  
1 medium onion, chopped  
2 garlic cloves, minced  
1 1/2 teaspoons dried oregano  
1 1/4 teaspoons salt  
1/4 teaspoon pepper  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
1 (10.75 ounce) can condensed cream of celery soup, undiluted  
1 cup sour cream  
1 cup uncooked long grain rice  
1 cup shredded mozzarella cheese

## Directions

In a skillet, brown beef; drain. Add mushroom, onion, garlic, oregano, salt and pepper. Add spinach, soup, sour cream and rice; mix well. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with mozzarella cheese. Cover and bake at 350 degrees F for 45-50 minutes or until the rice is tender.

# Spinach Pie II

## Ingredients

1 recipe pastry for a 9 inch double crust pie  
1 tablespoon olive oil  
1 onion, finely diced  
1/2 pound fresh mushrooms, sliced  
2 bunches fresh spinach, washed, stems removed  
1 pint part-skim ricotta cheese  
1/2 cup grated Parmesan cheese  
1 egg, beaten  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees (175 degrees C).

Heat a skillet over medium heat. Add olive oil, then onions. Saute onions until soft, about 5 minutes. Add mushrooms and saute 5 minutes more, stirring occasionally. Add spinach and cook just until wilted, about 1 minute.

In a large mixing bowl combine ricotta, parmesan, and egg. Mix well, then add spinach mixture. Stir thoroughly. Add salt and pepper to taste.

Spread mixture into pastry-lined pan. Cover with second circle of pastry. Trim and seal edges. Cut steam vents in top.

Bake in preheated oven for 35 to 45 minutes, or until crust is golden brown.

# Rice-Crust Spinach Quiche

## Ingredients

1 1/2 cups cooked brown rice  
1 cup shredded reduced-fat Swiss cheese, divided  
3/4 cup egg substitute, divided  
1/4 teaspoon curry powder  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup fat free evaporated milk  
1/2 cup sliced fresh mushrooms  
2 tablespoons chopped onion  
1/4 teaspoon garlic powder  
1/8 teaspoon pepper

## Directions

Combine rice, 1/2 cup cheese, 1/4 cup egg substitute and curry powder. Press onto the bottom and up the sides of microwave-safe 9-in. pie plate. Microwave on high for 4-5 minutes or until firm. Combine the spinach, milk, mushrooms, onion, garlic powder, pepper and remaining cheese and egg substitute; pour into crust. Microwave on 50% power for 20 minutes, rotating a quarter turn every 5 minutes, or until a knife inserted near the center comes out clean.

# Jamaican Spinach Soup

## Ingredients

3 tablespoons olive oil  
1 onion, chopped  
2 stalks celery, chopped  
4 cloves garlic, minced  
2 tablespoons fresh ginger root, minced  
1 tablespoon turbinado sugar  
2 teaspoons sea salt  
1/4 teaspoon ground turmeric  
1/4 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
2 potatoes, peeled and diced  
4 cups chopped zucchini  
6 cups vegetable stock  
1 pinch cayenne pepper  
1 cup chopped fresh spinach  
1/2 red bell pepper, minced

## Directions

Heat the oil in a large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg. Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender.

Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a hand blender, blend soup until smooth. Garnish with red bell pepper to serve.

# Spinach Basil Pasta Salad

## Ingredients

1 (16 ounce) package bow tie pasta  
1 (6 ounce) package spinach leaves  
2 cups fresh basil leaves  
1/2 cup extra virgin olive oil  
3 cloves garlic, minced  
4 ounces prosciutto, diced  
salt and ground black pepper to taste  
3/4 cup freshly grated Parmesan cheese  
1/2 cup toasted pine nuts

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Rinse with cold water to cool. Drain well in a colander set in the sink.

Toss the spinach and basil together in a large bowl.

Heat the olive oil in a skillet over medium heat; cook and stir the garlic in the hot oil for 1 minute; stir in the prosciutto and cook 2 to 3 minutes more. Remove from heat. Add to the bowl with the spinach and basil mixture; toss to combine. Pour in the drained pasta and retoss. Season with salt and pepper. Sprinkle with the Parmesan cheese and pine nuts to serve.

# Spinach Dip II

## Ingredients

2 cups bechamel sauce  
2 (8 ounce) packages cream  
cheese, softened  
1/4 teaspoon cayenne pepper  
1 pinch seasoning salt  
1 onion, chopped  
2 cups grated Parmesan cheese  
1/2 pound shredded Cheddar  
cheese  
2 (12 fluid ounce) cans spinach,  
drained

## Directions

In a large saucepan, melt together the Bechamel sauce, cream cheese, cayenne pepper, salt, onion, Parmesan cheese, and Cheddar cheese. Stir in the spinach.

Transfer the mixture to a slow cooker and keep warm over medium heat.

# Spinach and Potato Frittata

## Ingredients

2 tablespoons olive oil  
6 small red potatoes, sliced  
1 cup torn fresh spinach  
2 tablespoons sliced green onions  
1 teaspoon crushed garlic  
salt and pepper to taste  
6 eggs  
1/3 cup milk  
1/2 cup shredded Cheddar  
cheese

## Directions

Heat olive oil in a medium skillet over medium heat. Place potatoes in the skillet, cover, and cook about 10 minutes, until tender but firm. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking 1 to 2 minutes, until spinach is wilted.

In a medium bowl, beat together eggs and milk. Pour into the skillet over the vegetables. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook 5 to 7 minutes, or until eggs are firm.



# Spinach Enchiladas

## Ingredients

1 tablespoon butter  
1/2 cup sliced green onions  
2 cloves garlic, minced  
1 (10 ounce) package frozen  
chopped spinach , thawed,  
drained and squeezed dry  
1 cup ricotta cheese  
1/2 cup sour cream  
2 cups shredded Monterey Jack  
cheese  
10 (6 inch) corn tortillas  
1 (19 ounce) can enchilada sauce

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Melt butter in a saucepan over medium heat. Add garlic and onion; cook for a few minutes until fragrant, but not brown. Stir in spinach, and cook for about 5 more minutes. Remove from the heat, and mix in ricotta cheese, sour cream, and 1 cup of Monterey Jack cheese.

In a skillet over medium heat, warm tortillas one at a time until flexible, about 15 seconds. Spoon about 1/4 cup of the spinach mixture onto the center of each tortilla. Roll up, and place seam side down in a 9x13 inch baking dish. Pour enchilada sauce over the top, and sprinkle with the remaining cup of Monterey Jack.

Bake for 15 to 20 minutes in the preheated oven, until sauce is bubbling and cheese is lightly browned at the edges.

# Tomato Spinach Spread

## Ingredients

1 (8 ounce) package cream cheese, softened  
1/3 cup milk  
1/4 teaspoon salt  
1/4 teaspoon cayenne pepper  
2 medium tomatoes, seeded and chopped  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 small onion, finely chopped  
**PITA TRIANGLES:**  
1 tablespoon butter, melted  
1 tablespoon olive oil  
6 whole pita breads  
1 teaspoon ground cumin  
1 teaspoon lemon-pepper seasoning

## Directions

In a small mixing bowl, beat the cream cheese, milk, salt and cayenne until smooth. Stir in the tomatoes, spinach and onion. Spoon into an ungreased microwave-safe 9-in. pie plate. Microwave, uncovered, on high for 5 minutes or until heated through, stirring once.

Meanwhile, combine butter and oil; brush over both sides of pitas. Cut each pita into eight wedges; place on ungreased baking sheets. Combine cumin and lemon-pepper; sprinkle over both sides of wedges. Broil 4 in. from the heat for 2-3 minutes on each side or until lightly browned. Serve with spread.

# Walnut-Cheese Spinach Salad

## Ingredients

2 cups fresh raspberries  
1/3 cup sugar  
1/3 cup vegetable oil  
2 tablespoons white wine vinegar  
or cider vinegar  
1/4 teaspoon Worcestershire  
sauce  
1 (6 ounce) package fresh baby  
spinach  
1 small red onion, thinly sliced,  
pulled into rings  
1/2 cup crumbled feta cheese  
1/2 cup chopped walnuts

## Directions

In a saucepan over medium heat, bring raspberries and sugar to a boil. Cook for 1 minute. Strain and discard pulp. In a blender, combine the raspberry juice, oil, vinegar and Worcestershire sauce if desired; covered and process until smooth.

In a salad bowl, combine the spinach, onion, cheese and walnuts. Drizzle with desired amount of dressing; toss to coat. Refrigerate any remaining dressing.

# Spinach Triangles

## Ingredients

1 (17.3 ounce) package  
Pepperidge Farm® Puff Pastry  
Sheets  
3 eggs  
1 tablespoon water  
1/2 cup crumbled feta cheese  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
well drained  
1 medium onion, finely chopped  
2 tablespoons chopped fresh  
parsley

## Directions

Thaw pastry sheets at room temperature 40 minutes. Preheat oven to 400 degrees F. Mix 1 egg and water and set aside. Mix remaining eggs, cheese, spinach, onion and parsley.

Unfold pastry on lightly floured surface. Roll each pastry sheet into 12-inch square and cut each into 16 (3-inch) squares. Place 1 tablespoon spinach mixture in center of each square. Brush edges with egg mixture. Fold squares over filling to form triangles. Crimp edges to seal. Place on baking sheet. Brush with egg mixture.

Bake 20 minutes or until golden. Serve warm or at room temperature.

# Spinach and Cheese Stuffed Pasta Shells

## Ingredients

32 jumbo pasta shells  
2 cups ricotta cheese  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
1 cup grated Parmesan cheese  
2 tablespoons fennel seed  
2 teaspoons dried basil  
4 cloves garlic, minced  
salt and pepper to taste  
3 1/2 cups spaghetti sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to boil, gently place pasta shells in boiling water; bring water back to boil. Cook until noodles are just tender; drain well.

Squeeze spinach dry. Combine spinach, ricotta, 1/3 cup Parmesan cheese, fennel, basil and garlic in a large mixing bowl. Season with salt and pepper; mix well.

Spread 1/2 cup marinara sauce evenly over the bottom of a 9x13 inch baking dish.

Fill each pasta shell with the spinach cheese mixture. Arrange the shells, filling side up in the baking dish. Spoon remaining marinara sauce over the shells. Sprinkle remaining Parmesan cheese on top of the shells.

Cover the pan loosely with aluminum foil and bake in preheated oven until heated through; about 30 minutes.

# Spinach and Pine Nuts

## Ingredients

3 pounds spinach, rinsed  
2 teaspoons olive oil  
2 tablespoons toasted pine nuts  
1 teaspoon minced garlic  
freshly ground black pepper

## Directions

Wash the spinach, but allow the water to cling to the leaves. Cook the spinach until it wilts in a skillet over medium-high heat, about 3 minutes.

Heat the oil in a skillet over medium-high heat. Add the spinach, pine nuts, and garlic and cook for 2 minutes. Season with pepper and serve.

# The Best Spinach Salad Ever

## Ingredients

1 cup slivered almonds  
1 cup mayonnaise  
1/2 cup milk  
1/4 cup white sugar  
1 (3 ounce) jar bacon bits  
1/2 cup grated Parmesan cheese  
1 (10 ounce) bag baby spinach leaves  
1/2 head cauliflower, chopped

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Spread the slivered almonds onto a baking sheet, and toast until the nuts start to turn golden brown and become fragrant, 5 to 10 minutes. Watch the nuts carefully as they bake, because they burn quickly. Once toasted, set the nuts aside to cool to room temperature.

Mix together the mayonnaise, milk, and sugar in a large salad bowl. Stir in the bacon bits and Parmesan cheese until the dressing is well combined and creamy.

Place the spinach leaves, chopped cauliflower, and toasted almonds into the salad bowl, and stir lightly to coat with dressing.

# Spinach Cheese Manicotti

## Ingredients

1 (15 ounce) container ricotta cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup minced onion  
1 egg  
2 teaspoons minced fresh parsley  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1 1/2 cups shredded mozzarella cheese, divided  
1/2 cup grated Parmesan cheese, divided  
2 (26 ounce) jars spaghetti sauce  
1 1/2 cups water  
1 (8 ounce) package manicotti shells

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine ricotta, spinach, onion and egg. Season with parsley, pepper and garlic powder. Mix in 1 cup mozzarella and 1/4 cup Parmesan. In a separate bowl, stir together spaghetti sauce and water.

Spread 1 cup sauce in the bottom of a 9x13 inch baking dish. Stuff uncooked manicotti shells with ricotta mixture, and arrange in a single layer in the dish. Cover with remaining sauce. Sprinkle with remaining mozzarella and Parmesan.

Bake in preheated oven for 45 to 55 minutes, or until noodles are soft.



# Spinach Basil Pesto

## Ingredients

1 1/2 cups baby spinach leaves  
3/4 cup fresh basil leaves  
1/2 cup toasted pine nuts  
1/2 cup grated Parmesan cheese  
4 cloves garlic, peeled and quartered  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
1 tablespoon fresh lemon juice  
1/2 teaspoon lemon zest  
1/2 cup extra-virgin olive oil

## Directions

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.

# Vidalia Onion Spinach Salad

## Ingredients

### CROUTONS;

4 cups soft bread crumbs

1/3 cup finely chopped Vidalia or other sweet onion

1 tablespoon dried parsley flakes

6 tablespoons butter, melted

1 egg, lightly beaten

oil for frying

### DRESSING:

1/3 cup chopped Vidalia or other sweet onion

1/3 cup cider vinegar

1/3 cup honey

1 teaspoon Dijon mustard

10 tablespoons olive oil

1 teaspoon poppy seeds

### SALAD:

16 cups torn fresh spinach

1/2 pound sliced bacon, cooked and crumbled

1 medium Vidalia or other sweet onion, sliced and separated into rings

## Directions

In a bowl, combine the bread crumbs, onion and parsley. Stir in butter and egg; mix well. Shape into 1/2-in. balls. In an electric skillet, heat 1 in. of oil to 375 degrees F. Fry croutons for 10-15 seconds, turning to brown all sides. Drain on paper towels.

For dressing, combine onion, vinegar, honey and mustard in a blender or food processor; cover and process until smooth. While processing, gradually add oil in a steady stream. Stir in poppy seeds. In a salad bowl, toss the spinach, bacon, onion rings and croutons. Serve with dressing.

# Warm Spinach and Bacon Cob Loaf

## Ingredients

1 (1 pound) loaf round bread  
3 slices bacon, diced  
1 small onion, finely chopped  
1 (4 ounce) can sliced mushrooms, drained  
1/2 cup chopped sun-dried tomatoes  
2 (8 ounce) packages cream cheese, at room temperature  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
1 (11 ounce) can refrigerated soft bread stick dough

## Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place bacon in a large skillet over medium-high heat. When the bacon starts to brown, add the onion and mushrooms. Cook and stir until everything is tender and browned. Remove from heat. Transfer to a medium bowl. Use a wooden spoon to stir in the sun-dried tomatoes, cream cheese and spinach until well blended. Set aside.

Make a well in the loaf of bread by cutting an oval hole in the top, and pulling out the bread inside, leaving a 1 1/2 to 2 inch shell. This is your serving bowl. Spoon the cream cheese mixture into the bread. Place on a baking tray. Cut the breadstick dough into 3 inch fingers, and place them on the baking sheet also.

Bake for about 15 minutes in the preheated oven, until the breadsticks are golden, and the loaf is heated through. To serve, place the loaf of bread with the dip onto the center of a serving tray, and arrange the breadsticks around it. After all the breadsticks are gone, simply eat the bread bowl. No mess!

# Spinach Lasagna II

## Ingredients

1 (1.5 ounce) package spaghetti sauce mix  
1 (6 ounce) can tomato paste  
1 (8 ounce) can tomato sauce  
1 3/4 cups water  
2 eggs  
1 pint ricotta cheese  
1/2 teaspoon salt  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1/2 cup Parmesan cheese  
8 ounces sliced mozzarella cheese  
8 lasagna noodles

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x9 inch baking dish.

In a medium saucepan, combine spaghetti sauce mix, tomato sauce, tomato paste and water. Bring to a boil over medium heat then remove from heat and let cool.

In a medium bowl, beat the eggs and combine them with the ricotta or cottage cheese, salt, spinach and 1/4 cup of the Parmesan cheese.

Spread one half cup tomato sauce mixture into the prepared baking dish. Place half the uncooked noodles over the sauce, spread with half the spinach mixture, half the mozzarella cheese, and half of the tomato sauce. Repeat layers, using remaining ingredients. Top with remaining Parmesan cheese.

Cover dish securely with aluminum foil and bake for in the preheated oven 1 hour. Let stand 10 minutes before cutting and serving.

# Moong Dal with Spinach

## Ingredients

4 cups water  
1 cup split yellow lentils (moong dal)  
1 bunch fresh spinach, shredded  
2 green chile peppers, halved lengthwise  
1 (1 inch) piece fresh ginger, grated  
1 teaspoon ground turmeric  
salt to taste  
1 tablespoon vegetable oil  
1 tablespoon ghee (clarified butter)  
6 fresh curry leaves  
2 dried red chile peppers, broken into thirds  
1 teaspoon cumin seeds  
1 teaspoon mustard seed  
1 pinch asafoetida powder  
1/2 teaspoon ground red pepper

## Directions

Combine the water, lentils, spinach, green chile peppers, ginger, turmeric, and salt in a large pot over medium-high heat; bring to a boil and cook until the lentils are tender and the water is absorbed, about 20 minutes.

Heat the oil and ghee together in small skillet; fry the curry leaves, red chile peppers, cumin seeds, mustard seed, and asafoetida powder in the mixture until the seeds begin to splutter. Stir the mixture into the lentil mixture. Sprinkle the ground red pepper over the mixture and cook another 5 minutes. Serve hot.

# Spinach Caprese Salad

## Ingredients

1 cup baby spinach leaves  
1 large tomato, sliced 3/4 inch thick  
1 ball of fresh mozzarella cheese, sliced  
2 tablespoons chopped fresh basil  
1 tablespoon extra-virgin olive oil  
2 tablespoons balsamic vinegar

## Directions

Spread the spinach out on a serving plate. Place the slices of tomato on the bed of spinach. Top each slice of tomato with a slice of fresh mozzarella. Sprinkle the basil over the salad and drizzle with olive oil and balsamic vinegar.

# Swiss Spinach Casserole

## Ingredients

1 egg  
3 tablespoons milk  
4 cups chopped fresh spinach  
1/2 cup chopped water chestnuts  
1/2 cup shredded Swiss cheese,  
divided  
1 tablespoon chopped pimientos  
1 tablespoon chopped green  
onion  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg

## Directions

In a bowl, whisk together the egg and milk. Stir in the spinach, water chestnuts, 1/4 cup Swiss cheese, pimientos, green onion, salt and nutmeg if desired; mix well. Transfer to a greased 1-qt. baking dish. Cover and bake at 350 degrees F for 25 minutes. Sprinkle with remaining cheese. Bake, uncovered, 5 minutes longer or until cheese is melted.

# Four-Cheese Spinach Bake

## Ingredients

8 eggs, beaten  
4 cups small curd cottage cheese  
1 (15 ounce) container ricotta cheese  
1/3 cup all-purpose flour  
1/2 teaspoon salt  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
2 cups shredded Cheddar cheese  
2 cups shredded mozzarella cheese  
1/2 cup finely chopped green onions

## Directions

In a large bowl, combine the eggs, cottage cheese, ricotta cheese, flour and salt if desired. Add the remaining ingredients; mix well. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.



# Spinach Spirals with Mushroom Sauce

## Ingredients

3/4 pound fresh mushrooms,  
sliced  
1/4 cup butter or margarine  
3 tablespoons all-purpose flour  
1 cup chicken broth  
1 cup half-and-half cream  
2 tablespoons sherry or additional  
chicken broth  
1 teaspoon Dijon mustard  
1/2 teaspoon lemon juice  
SPINACH ROLL:  
1/2 cup dry bread crumbs  
3 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry  
6 tablespoons butter or margarine,  
melted  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon ground nutmeg  
4 eggs, separated  
1/4 cup grated Parmesan cheese

## Directions

In a large skillet, saute mushrooms in butter for 2-3 minutes. Stir in flour until blended; cook 2-3 minutes longer or until liquid is absorbed. Gradually stir in broth and cream. Bring to a boil. Remove from the heat; stir in the sherry or additional broth, mustard and lemon juice. Cool for 15 minutes.

Grease and line a 15-in.x 10-in. x 1-in. baking pan with parchment paper; grease the paper. Sprinkle with bread crumbs; set aside. In a large bowl, combine spinach, butter, salt, pepper, nutmeg and egg yolks. In a small mixing bowl, beat egg whites on high speed until stiff peaks form. Gradually fold into spinach mixture. Gently spoon over bread crumbs; press down lightly. Sprinkle with Parmesan cheese.

Bake at 350 degrees F for 12-15 minutes or until center springs back when lightly touched. Cover with a piece of greased foil; immediately invert pan onto foil. Gently peel away parchment paper. Spread 1 cup mushroom sauce over spinach mixture to within 1 in. of edges. Roll up jelly-roll style, starting with a short side and peeling foil away while rolling. Cut into slices. Reheat remaining mushroom sauce; serve with spinach spirals.

# Cheesy Spinach Casserole

## Ingredients

6 ounces uncooked spaghetti  
1 egg  
1/4 cup milk  
1/2 cup sour cream  
1 (10 ounce) package frozen chopped spinach, thawed  
1/2 (14 ounce) can artichoke hearts, drained and chopped  
1 (8 ounce) package shredded Monterey Jack cheese  
4 tablespoons grated Parmesan cheese, divided  
1 teaspoon dried minced onion  
salt and pepper to taste  
paprika to taste

## Directions

Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water for 8 to 10 minutes, or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C).

In a 2 quart casserole dish, whisk together egg, milk, and sour cream. Using a wooden spoon, stir in spinach, artichoke hearts, Monterey Jack cheese, 2 tablespoons Parmesan cheese, and cooked spaghetti. Season with minced onion, salt, and pepper. Top with a sprinkling of paprika and remaining Parmesan cheese.

Cover, and bake in preheated oven for 15 minutes. Remove cover, and bake for another 15 minutes. Let stand 2 minutes before serving.

# Simple Salmon and Spinach Sandwiches

## Ingredients

1 (7.5 ounce) can salmon, drained and flaked  
3 tablespoons thousand island salad dressing  
1 green onion, chopped  
4 slices whole wheat bread, toasted  
20 whole fresh spinach leaves

## Directions

Place the salmon and thousand island dressing in a bowl, and mash with a fork to combine. Stir in the green onion, cover, and refrigerate about 15 minutes.

To make the sandwiches, place 5 whole spinach leaves on two toasted slices of bread, covering as much of the slice as possible. Spread half of the salmon mixture on top of each sandwich, and top with 5 more leaves of spinach. Place the remaining slices of toasted bread on top.

# Nicole's Balsamic Beet and Fresh Spinach Salad

## Ingredients

1/4 cup aged balsamic vinegar  
1/4 cup white wine vinegar  
1 tablespoon Chardonnay wine  
2 tablespoons white sugar  
(optional)  
1 (15 ounce) can sliced beets,  
drained and cut into 1/4 inch  
slivers  
1/4 cup thinly sliced red onions  
4 cups chopped fresh spinach  
(optional)

## Directions

Whisk together the balsamic vinegar, white wine vinegar, Chardonnay, and sugar in a small bowl. Place the beets and onions in a small, sealable container. Pour the vinegar mixture over the beets and onions to completely cover. Seal top; marinate in refrigerator for 4 to 5 hours.

When ready to serve, divide spinach leaves between four salad plates. Top with beet mixture, and drizzle salads with a bit of the marinating liquid.

# Spinach Saute

## Ingredients

1/8 cup water  
1 bunch fresh spinach, rinsed and stemmed  
1/3 cup cream cheese, softened  
1 pinch salt  
4 teaspoons lemon juice

## Directions

Bring the water to a boil in a skillet over medium heat. Add spinach all at once, and reduce heat slightly. Cover, and let cook for about 3 minutes, or until spinach is not quite tender.

Stir in the cream cheese and lemon juice, and season with salt. Cook, stirring, until the cream cheese is melted and well blended. Serve immediately.

# Spinach and Mushroom Casserole

## Ingredients

2 tablespoons butter  
1 pound fresh mushrooms, sliced  
2 (10 ounce) packages fresh spinach, rinsed and stems removed  
1 teaspoon salt  
4 tablespoons butter, melted  
1/4 cup finely chopped onion  
1 1/2 cups shredded Cheddar cheese, divided

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Melt 2 tablespoons butter in a large skillet over medium heat. Sauté mushrooms until tender, about 8 to 10 minutes.

Meanwhile, place spinach in a large pot. Wilt over medium heat; drain, squeezing or pressing out excess water. Place in prepared baking dish and top with salt, 4 tablespoons melted butter, onion and 1/2 of the cheese. Layer mushrooms on top and sprinkle with remaining cheese.

Bake in preheated oven for 20 minutes.

# Chicken, Spinach, and Potato Soup

## Ingredients

1 pound skinless, boneless chicken thighs  
2 cups chicken stock  
4 cups water  
3 tablespoons olive oil  
1 large onion, thinly sliced  
6 cloves garlic, chopped  
2 large potatoes, cubed  
1 (16 ounce) can garbanzo beans, drained  
1 (10 ounce) bag fresh spinach  
1/2 cup diced roasted red peppers (optional)  
salt and pepper to taste  
1/4 cup grated Parmesan cheese

## Directions

Bring chicken thighs, chicken stock, and water to a simmer in a large saucepan over medium-high heat. Reduce heat to medium-low, and continue simmer until the chicken is no longer pink in the center, about 20 minutes. Remove the chicken thighs, and set aside to cool. Reserve the broth.

While the thighs are cooling, heat olive oil in a large pot over medium heat. Stir in onion and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the potatoes, then strain the reserved cooking liquid into the pot. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes are tender, about 25 minutes.

Cut the cooked chicken into cubes and add to the simmering potatoes. Cook for 5 minutes, then stir in the garbanzo beans, spinach, and roasted pepper; simmer 10 more minutes. Season to taste with salt and pepper, and sprinkle with grated Parmesan cheese before serving.

# Spinach Chicken Enchiladas

## Ingredients

4 boneless skinless chicken breast halves, cut into thin strips  
1/4 cup chopped onion  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
3/4 cup milk  
1 cup sour cream  
1 teaspoon ground nutmeg  
1 teaspoon garlic powder  
1 teaspoon onion powder  
2 cups shredded mozzarella cheese  
8 (8 inch) flour tortillas  
Minced fresh parsley

## Directions

Coat a large skillet with nonstick cooking spray; cook and stir chicken and onion over medium heat for 6-8 minutes or until chicken is no longer pink. Remove from the heat; add spinach and mix well. In a bowl, combine soup, milk, sour cream and seasonings; mix well. Stir 3/4 cup into chicken and spinach mixture. Divide evenly among tortillas. Roll up and place, seam side down, in a 13-in. x 9-in. x 2-in. baking pan that has been sprayed with nonstick cooking spray. Pour the remaining soup mixture over enchiladas. Cover and bake at 350 degrees F for 30 minutes. Uncover and sprinkle with cheese; return to the oven for 15 minutes or until cheese is melted and bubbly. Garnish with parsley.



# Chicken Spinach Bake

## Ingredients

3 (10 ounce) packages frozen chopped spinach, thawed  
3 eggs  
1/2 teaspoon onion salt  
1/2 teaspoon ground nutmeg  
3/4 cup grated Parmesan cheese, divided  
3/4 cup Italian seasoned bread crumbs  
16 skinless, boneless chicken breast halves  
salt and pepper to taste  
5 tablespoons butter or margarine, melted  
CHEESE SAUCE:  
6 tablespoons butter or margarine, divided  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
2 cups milk  
2 cups shredded Cheddar cheese  
1 cup sliced fresh mushrooms

## Directions

Drain and squeeze out excess moisture from spinach. Beat eggs, onion salt and nutmeg. Add spinach and 1/4 cup Parmesan cheese; mix well. Combine bread crumbs and remaining Parmesan. Sprinkle chicken with salt and pepper; coat with crumb mixture. Place in two greased 13-in. x 9-in. x 2-in. baking pans. Spread 2 tablespoons spinach mixture onto each breast. Sprinkle with remaining crumb mixture; drizzle with butter. Bake at 350 degrees F for 35-40 minutes or until chicken juices run clear.

For sauce, melt 4 tablespoons butter; blend in flour and salt. Stir to form a smooth paste. Add milk; cook and stir until thickened and bubbly. Add cheese and stir until melted. Saute mushrooms in remaining butter. Stir into cheese mixture. Carefully pour sauce over chicken, or pour into a serving bowl and pass.

# Spinach Rice Casserole

## Ingredients

1 cup chopped onion  
1 teaspoon olive or canola oil  
1 1/2 cups uncooked long grain rice  
2 cups chicken broth  
2 cups water  
1 (10 ounce) package fresh spinach, torn  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup shredded Parmesan cheese

## Directions

In a large saucepan, saute onion in oil until tender. Add rice; cook and stir for 2 minutes. Add broth and water; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in the spinach, salt and pepper; cook until spinach is wilted.

Transfer to a 2-qt. baking dish coated with nonstick cooking spray. Sprinkle with Parmesan cheese. Cover and bake at 375 degrees F for 20-25 minutes or until rice is tender.

# Rich Spinach Casserole

## Ingredients

2 (10 ounce) packages frozen chopped spinach, thawed, well drained  
2 cups small curd cottage cheese  
1 cup cubed process cheese (Velveeta)  
3/4 cup egg substitute  
2 tablespoons butter or margarine, cubed  
1/4 cup all-purpose flour  
1/2 teaspoon salt

## Directions

In a 3-qt. slow cooker, combine all ingredients; mix well. Cover and cook on low for 2-1/2 hours or until the cheese is melted.

# Sweet Spinach Salad

## Ingredients

1 (10 ounce) package fresh spinach, torn  
1 (11 ounce) can mandarin oranges, drained  
10 cherry tomatoes, halved  
1 cup sliced fresh mushrooms  
DRESSING:  
1/3 cup sugar  
3 tablespoons cider vinegar  
1 tablespoon honey  
1/2 teaspoon dried minced onion  
1/2 teaspoon celery seed  
1/2 teaspoon ground mustard  
1/2 teaspoon paprika  
1/2 teaspoon lemon juice  
1/2 cup vegetable oil  
1 (2.8 ounce) package French-fried onions

## Directions

In a large salad bowl, toss spinach, oranges, tomatoes and mushrooms; set aside. In a microwave-safe bowl, combine first eight dressing ingredients.

Microwave on high for 1 to 1-1/2 minutes. Stir until sugar is dissolved. Whisk in oil. Drizzle over salad and toss to coat. Sprinkle with onions. Serve immediately.

# Spinach, Pear and Feta Salad

## Ingredients

2 pears, cored and thinly sliced  
1 cup diet lemon-lime soda  
4 cups baby spinach leaves  
1 shallot, finely chopped  
1/2 cup crumbled feta cheese  
1/2 cup toasted pine nuts  
1/2 cup raspberry vinaigrette  
salad dressing

## Directions

Place the pears in a bowl with the lemon-lime soda. Set aside; this will keep them from turning brown.

Place the baby spinach in a serving bowl, and add the shallot, feta cheese and pine nuts. Drain the pears, and discard the soda. Add pears to the salad, and toss to blend. Serve with raspberry vinaigrette dressing.

# Spinach Pie with Pancetta

## Ingredients

3 tablespoons extra-virgin olive oil  
1/2 large red onion, diced  
2 cloves garlic, minced  
1/4 cup cubed pancetta  
1 (10 ounce) box frozen chopped spinach - thawed, drained and squeezed dry  
3 tablespoons feta cheese  
4 (1 ounce) slices Provolone cheese  
1 sheet frozen puff pastry, thawed  
1 egg white

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8 inch pie plate.

Heat the olive oil in a skillet over medium heat. Add the red onions; cook and stir until tender and transparent, about 5 minutes. Stir in the garlic and pancetta, cook until the pancetta is crispy, about 8 minutes. Reduce heat to low. Mix in the spinach and feta cheese. Remove skillet from the heat.

Arrange the Provolone cheese to completely cover the bottom of the prepared pie plate. Spoon the spinach mixture over the cheese. Cover with the puff pastry sheet, trimming the edges to fit the pie plate. Brush top of pastry with the egg white.

Bake pie in preheated oven until the crust is golden brown, about 15 minutes. Cool 1 hour before serving.

# Spinach with Pecans

## Ingredients

1 tablespoon olive oil  
1 medium onion, chopped  
2 cups chopped fresh spinach  
1/4 cup water  
1 tablespoon pecan halves

## Directions

Heat the oil in a medium saucepan over medium heat, and saute the onion until tender. Stir in the spinach and water, and cook until wilted. Mix in the pecans, and continue to cook and stir until warm.

# Spinach Whole Wheat Quesadillas

## Ingredients

2 (10 inch) whole wheat tortillas  
3 cups fresh spinach leaves  
2/3 cup shredded Cheddar cheese  
1 green onion, chopped  
1/2 teaspoon garlic powder  
1/2 teaspoon chili powder

## Directions

Heat a large non-stick skillet over medium-high heat. Place 1 tortilla onto the skillet. Sprinkle about half the Cheddar cheese evenly over the tortilla. Top with the spinach, green onions, garlic powder, and chili powder. Cover with the remaining Cheddar cheese. Place the second tortilla on top.

Cook until the bottom tortilla starts to develop a bit of color and starts to crisp, about 3 minutes. To flip and cook the other side, slide the quesadilla off the non-stick pan onto a dinner plate, cover with another dinner plate and flip. The crispy tortilla side should now be on top. Slide the quesadilla back onto the pan and cook until the bottom tortilla starts turning crisp, about 3 minutes more. Slide onto a cutting board, and cut into 8 wedges to serve.



# Eggless Tofu Spinach Quiche

## Ingredients

1 (8 ounce) container tofu  
1/3 cup 1% milk  
1/2 teaspoon salt, or to taste  
1/2 teaspoon pepper  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 teaspoon minced garlic  
1/4 cup diced onion  
2/3 cup shredded Cheddar  
cheese  
1/2 cup shredded Swiss cheese  
1 unbaked 9 inch pie crust

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a blender, combine tofu and milk; process until smooth, adding more milk if necessary. Blend in salt and pepper.

In a medium bowl, combine spinach, garlic, onion, Cheddar cheese, Swiss cheese and tofu mixture. Mix well, and pour into prepared pie crust.

Bake in preheated oven for 30 minutes, or until set and golden brown on top. Let stand 5 minutes before cutting.

# Cheesy Quinoa Pilaf with Spinach

## Ingredients

1/4 cup quinoa  
3 tablespoons olive oil  
2 tablespoons raw sunflower seeds  
2 cloves garlic, minced  
1/2 cup fresh spinach leaves  
2 teaspoons lemon juice  
1/3 cup grated goat gouda cheese

## Directions

Bring a pot of lightly salted water to a boil over high heat. Add the quinoa, and cook until the quinoa is tender, 15 to 20 minutes. Drain in a mesh strainer, and rinse until cold; set aside.

Heat the olive oil in a skillet over medium heat, stir in the sunflower seeds, and cook until lightly toasted, about 2 minutes. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes. Stir in the cooled quinoa and spinach; cook and stir until the quinoa is hot, and the spinach has wilted. Stir in the lemon juice, and all but a pinch of the cheese. Stir until the cheese has melted. Serve sprinkled with the remaining cheese.

# Fresh Spinach and Sun-Dried Tomato Lasagna

## Ingredients

1 (16 ounce) package lasagna noodles  
1 1/2 tablespoons olive oil  
1 onion, chopped  
1 carrot, finely chopped  
1 stalk celery, finely chopped  
3/4 pound mushrooms, chopped  
2 cloves garlic, minced  
1/2 cup dry white wine  
1 (28 ounce) can diced tomatoes with juice  
2 sun-dried tomatoes, chopped  
1 teaspoon dried thyme  
salt to taste  
ground black pepper to taste  
1/3 cup all-purpose flour  
3 cups heavy whipping cream  
1/4 teaspoon ground nutmeg  
1 pinch salt  
8 cups spinach, rinsed  
1 cup grated Parmesan cheese

## Directions

Cook lasagna in boiling salted water in a large pot until al dente. Drain.

Meanwhile, heat one half tablespoon of olive oil in a Dutch oven over medium heat. Add the chopped onion, celery, and carrots, stir and cook until onions have softened. Add mushrooms and garlic and continue to cook until the mushrooms have released their liquid, 2 or 3 minutes. Add wine and cook until most of the liquid has evaporated. Stir in chopped tomatoes(include liquid), sun-dried tomatoes, and thyme. Bring to a simmer, then reduce heat to low and simmer until thick. Season with salt and pepper.

To make the white sauce, heat remaining oil in a heavy pan over low heat. Add flour, whisk constantly until the flour begins to turn a light brown. Remove pan from heat and whisk in cream. Season with nutmeg and a pinch of salt. Remove from heat and set aside.

To assemble, spread 1/2 cup of the mushroom sauce in the bottom of a casserole dish, add one layer of noodles, then another 1/2 cup of mushroom sauce. Arrange a single layer of the fresh spinach leaves over the sauce and drizzle them with 1/3 cup of the white sauce. Sprinkle 2 tablespoons of the grated Parmesan cheese over the spinach and top with another layer of the noodles. Repeat 5 times.

In a preheated 375 degree F (190 degrees C) oven bake for 40 minutes. Let stand for 10 to 15 minutes. Serve warm.

# Spinach and Feta Mini-Calzones

## Ingredients

1 sheet Pepperidge Farm® Puff Pastry  
1 tablespoon olive oil  
1 small onion, chopped  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup crumbled feta cheese (plain or flavored)  
1/4 teaspoon ground black pepper

## Directions

Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees F.

Heat oil in skillet. Add onion and cook until tender. Add spinach and cook 3 minutes. Stir in feta cheese and pepper. Let cool.

Unfold pastry sheet on lightly floured surface. Roll into a 12 inch square. Cut pastry into 4 (3x12-inch) strips and cut each strip into 4 (3 inch) squares. Brush edges of squares with water. Place about 1 tablespoon spinach mixture in center of each square. Fold pastry over filling for form triangles. Press edges to seal. Place pastries on baking sheet.

Bake 15 minutes or until golden.

# Super Easy Spinach and Red Pepper Salad

## Ingredients

1 (6 ounce) package baby spinach  
1 red bell pepper, chopped  
1/2 cup grated Parmesan cheese  
1/4 cup olive oil  
1/4 cup rice vinegar

## Directions

In a large bowl, mix the baby spinach, red bell pepper, and Parmesan cheese.

In a small bowl, mix the olive oil and rice vinegar. Toss with the baby spinach mixture, and serve.

# Cheesy Creamed Spinach Casserole

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach, cooked  
1 (1 ounce) package dry onion  
soup mix  
2 cups sour cream  
1/2 cup shredded Cheddar  
cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Drain spinach. In a medium mixing bowl combine spinach, soup mix and sour cream. Spoon into greased casserole dish and top with cheese.

Bake in preheated oven about 25 minutes, or until heated through.

# Hot Spinach Salad

## Ingredients

2 (10 ounce) packages baby spinach, rinsed and dried  
1 red onion, thinly sliced  
1 1/2 cups toasted, chopped pecans  
8 ounces crumbled blue cheese  
1 1/2 cups balsamic vinegar  
2 teaspoons molasses  
1 clove garlic, crushed  
1/2 teaspoon ground black pepper  
2/3 cup olive oil

## Directions

In a large bowl, arrange spinach and red onion slices and top with toasted pecans and crumbled blue cheese.

In a small saucepan, warm the garlic in the olive oil to allow its flavor to diffuse into the oil. Then add molasses, vinegar and pepper. Whisking constantly, bring almost to a boil, remove from heat and cool until just warm. Pour into a shakeable container, shake and pour over salad. Serve immediately.

# Spinach And Tomato Filo Pastry Parcels

## Ingredients

4 sheets phyllo dough  
2 tablespoons melted butter  
1 bunch fresh spinach  
1 tablespoon vegetable oil  
1/2 cup fresh sliced mushrooms  
1/4 cup tomato sauce  
3 ounces feta cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Thoroughly clean the spinach. Remove stems, and chop. Steam until wilted. Stir fry mushrooms in oil over high heat until browned.

Cut all 4 pieces of phyllo in half. Brush each sheet with melted butter, and put in two piles. In the center of each stack, place first 1/2 of the spinach followed by 1/2 of the feta, mushrooms, and tomato sauce. Bring the sides of phyllo dough around, and to the top of the bundles. Place on baking sheet.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes. Let stand 5 minutes before serving.



# Spinach Potatoes

## Ingredients

2 tablespoons butter  
1 large onion, chopped  
2 (3 ounce) packages pancetta  
bacon, finely chopped  
5 large potatoes, peeled and thinly  
sliced  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
4 cups shredded Mexican cheese  
blend  
1 pint heavy cream

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

Melt the butter in a skillet over medium heat, and saute the onion and pancetta until onion is tender and pancetta is cooked through.

Alternately layer the potato slices, pancetta and onion mixture, spinach, and cheese in the prepared baking dish. Pour the heavy cream over all.

Cover, and bake 1 hour in the preheated oven. Uncover, and continue baking 30 minutes, until bubbly and lightly browned.

# Spinach Salad with Curry Vinaigrette

## Ingredients

1/4 pound slab bacon  
1 tablespoon curry powder  
3 tablespoons red wine vinegar  
1 tablespoon prepared Dijon-style mustard  
9 tablespoons vegetable oil  
salt and pepper to taste  
12 cups flat leaf spinach - rinsed, dried and stems removed  
12 fresh mushrooms, sliced

## Directions

Trim the rind from the bacon and cut into 1 inch cubes. Place bacon in a large, deep skillet. Cook over medium high heat until brown and crispy. Cover and reduce heat to lowest setting to keep bacon warm.

In a small, dry skillet, toast curry powder over medium heat, stirring often, until fragrant, about 30 seconds. Remove from heat.

In a medium bowl, whisk together the vinegar and mustard. Add oil in a thin stream, whisking constantly, until the oil is completely incorporated. Add curry powder and whisk until smooth. Season to taste with salt and pepper.

In a large bowl, toss together the bacon, spinach, mushrooms and vinaigrette until evenly coated. Adjust salt and pepper to taste and serve immediately.

# Spinach Mozzarella Meatloaf

## Ingredients

1 1/2 pounds ground beef  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained well  
1 1/2 cups Italian seasoned bread  
crumbs  
2 cups shredded mozzarella  
cheese, divided  
2 eggs, lightly beaten

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 5x9 inch loaf pan.

In a bowl, mix the beef, spinach, bread crumbs, 1 1/2 cups cheese, and eggs. Transfer to the prepared loaf pan.

Bake 1 hour in the preheated oven, to a minimum internal temperature of 160 degrees F (70 degrees C). Top with remaining cheese to serve.

# Spinach-And-Berries Salad With Non-Fat Curry

## Ingredients

6 ounces fresh spinach, torn in bite-sized pieces  
1 cup thickly sliced strawberries  
1 cup blueberries  
1 small red onion, thinly sliced, pulled into rings  
1/2 cup chopped pecans  
Non-Fat Curry Dressing  
2 tablespoons balsamic vinegar  
2 tablespoons rice vinegar  
4 teaspoons honey  
1 teaspoon curry powder  
2 teaspoons Dijon mustard  
Salt, pepper to taste

## Directions

Wash and dry spinach. Whip together dressing. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly.

# Spinach and Mango Salad

## Ingredients

3/4 cup blanched slivered almonds  
1/4 cup red wine vinegar  
2 tablespoons maple flavored balsamic vinegar  
2 tablespoons olive oil  
2 teaspoons dry mustard  
1/4 teaspoon chopped fresh tarragon  
salt and freshly ground black pepper to taste  
1 bunch fresh spinach - rinsed, dried and torn into bite size pieces  
2 mangos - peeled, seeded, and cubed

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Arrange almonds in a single layer on a baking sheet. Bake 5 to 10 minutes, stirring occasionally, until fragrant and lightly toasted.

In a small bowl, mix red wine vinegar, maple flavored balsamic vinegar, olive oil, dry mustard, tarragon, salt, and pepper.

In a medium bowl, toss the red wine vinegar mixture with the spinach and mangos. Top with the toasted almonds.

# Makeover Spinach Artichoke Spread

## Ingredients

1 (16 ounce) package soft tofu  
2 cups grated Parmesan cheese  
1 cup reduced-fat mayonnaise  
1 (14 ounce) can water-packed artichoke hearts, rinsed, drained and chopped  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
3 garlic cloves, minced

## Directions

In a large bowl, combine all ingredients. Spoon into an ungreased 9-in. deep-dish pie plate. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through. Serve warm.

# Spinach Gnocchi with Gorgonzola Cream Sauce

## Ingredients

2 eggs  
1/2 teaspoon salt  
1/8 tablespoon ground black pepper  
1/8 teaspoon ground nutmeg  
1 (16 ounce) container ricotta cheese  
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry  
1 1/4 cups all-purpose flour  
  
2 cups heavy cream  
3 tablespoons dry white wine  
1 teaspoon brandy extract  
1 pinch ground nutmeg to taste  
2 ounces crumbled Gorgonzola cheese  
salt and pepper to taste

## Directions

Beat eggs with 1/2 teaspoon salt, 1/8 teaspoon pepper, and 1/8 teaspoon nutmeg in a large bowl. Mix in ricotta cheese and spinach until evenly blended. Continue mixing in the flour, 1/4 cup at a time until a soft dough forms. If the dough is still sticky, add an additional 1/4 cup of flour. Cover, and place into refrigerator.

Bring a large pot of lightly salted water to a boil over high heat. Divide the gnocchi dough into 4 pieces, and roll into 1/2 inch thick ropes on a floured surface. Slice each rope into 1/2 inch pieces. Gently boil the gnocchi until they float in the water, 3 to 4 minutes. Drain in a colander, and set aside.

Meanwhile, pour cream, wine, brandy extract, and 1 pinch of nutmeg into a saucepan. Bring to a simmer, then remove from heat and whisk in the Gorgonzola cheese; season to taste with salt and pepper. Toss the gnocchi with the Gorgonzola sauce, and serve immediately.

# Gruyere Spinach Casserole

## Ingredients

2 (16 ounce) bags fresh spinach,  
rinsed and stemmed  
1/4 cup butter  
4 tablespoons all-purpose flour  
2 1/2 cups hot milk  
1 pinch ground nutmeg  
salt and pepper to taste  
2 tablespoons butter  
1/2 cup Gruyere cheese,  
shredded  
paprika to taste

## Directions

Place the spinach over boiling water in a pot fitted with a steamer basket, and steam 2 to 3 minutes, until wilted. Remove spinach to a colander and cool with cold water. Once cool to the touch, squeeze as much moisture from the spinach as possible.

In a saucepan, begin making a white sauce by heating 1/4 cup of butter over medium heat. Once melted, stir in the flour and cook for one minute. Then add half of the milk and whisk. Once incorporated, add the rest of the milk, the nutmeg and salt and pepper to taste. Bring the mixture to a boil, reduce to low and allow to simmer for eight to ten minutes, stirring frequently until sauce has thickened.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Chop the cooled spinach and spread evenly into a lightly buttered, shallow baking dish. Place small dabs of the remaining butter on top of the spinach. Season lightly with salt, pepper and paprika. Pour white sauce over spinach. Sprinkle Gruyere cheese evenly over the top.

Place in oven under broiler for ten minutes, or until top is browned.



# Spinach Salad with Pistachio Chicken

## Ingredients

1 cup shelled pistachio nuts  
4 tablespoons olive oil  
4 skinless, boneless chicken breast halves  
garlic powder to taste  
black pepper to taste  
1 (10 ounce) package baby spinach leaves, rinsed and drained  
1 pint cherry tomatoes  
1 avocado - peeled, pitted and sliced  
1 yellow bell pepper, julienned  
2 green onions, sliced  
grated Parmesan cheese for topping  
bottled balsamic salad dressing, to taste

## Directions

Place pistachio in a food processor or blender, and pulse until finely diced. Sprinkle half of diced pistachios onto a large plate.

Warm oil in a skillet over medium-high heat. Press chicken breast halves into the pistachio pieces, adding more diced nuts to the plate as needed. Sprinkle chicken breasts with garlic powder and black pepper. Place in the skillet, and cook until golden brown. Reduce heat to medium low, and cook for about 3 to 5 minutes on each side, until the chicken is no longer pink inside. Remove chicken to a cutting board, and slice into thin slices.

Into four bowls, place equal amounts of spinach leaves, tomatoes, avocado, bell pepper, and green onions. Place chicken slices on top. Sprinkle with Parmesan, pour on Balsamic vinegar, and season with black pepper.

# Pati's Spinach and Boysenberry Salad

## Ingredients

1/4 cup olive oil  
1 teaspoon prepared horseradish  
2 tablespoons rice vinegar  
2 tablespoons brown sugar  
2 tablespoons boysenberry jam  
  
1 (14 ounce) bag spinach leaves  
1 cup fresh boysenberries  
1/4 cup toasted sliced almonds

## Directions

Make the dressing by combining the olive oil, horseradish, rice vinegar, brown sugar, and boysenberry jam in a blender. Blend until smooth.

Place the spinach in a large bowl. Drizzle the dressing over the spinach and toss until leaves are evenly coated. Sprinkle boysenberries and almonds over top of the salad; serve immediately.

# Hot Spinach Dip

## Ingredients

1 (8 ounce) package cream cheese, softened  
1/2 cup mayonnaise  
1/4 cup grated Parmesan cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup shredded mozzarella cheese

## Directions

In a small mixing bowl, beat the cream cheese, mayonnaise and Parmesan cheese until blended. Stir in spinach and mozzarella cheese. Spoon into an ungreased microwave-safe 9-in. pie plate.

Microwave, uncovered, on high for 4-5 minutes or until bubbly, stirring twice. Serve with crackers or vegetables.

# Spinach Stuffing

## Ingredients

1/2 tablespoon butter, melted  
2 (14 ounce) cans spinach  
1 tablespoon poultry seasoning  
1 (12 ounce) package unseasoned  
dry bread stuffing mix

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix together butter, spinach, poultry seasoning, and stuffing mix. Transfer mixture to a 9x13 inch casserole dish.

Cover dish and bake in preheated oven for 1 hour.

# Spinach Mushroom and Ricotta Fettuccine

## Ingredients

1 (16 ounce) package spinach  
fettuccine pasta  
1 teaspoon butter  
3 cups mushrooms  
1 (10 ounce) package frozen  
chopped spinach  
1 (15 ounce) container ricotta  
cheese  
1 lemon, juiced

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan over medium heat, melt butter. Stir in mushrooms and cook until tender. Stir in spinach and cook until thawed and tender. Remove from heat and stir in ricotta cheese; mix well.

To the spinach mixture add the lemon juice; pour over cooked pasta. Mix well and serve.

# Spinach-Stuffed Flounder with Mushrooms and

## Ingredients

8 large fresh mushrooms, sliced  
8 ounces spinach, rinsed and  
chopped  
1 tablespoon crumbled feta  
cheese  
4 (4 ounce) fillets flounder

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Spray an unheated medium skillet with no-stick spray. Heat the skillet over medium heat. Add the mushrooms and cook about 5 minutes or until the liquid released from the mushrooms has evaporated, stirring occasionally.

Add the spinach to the skillet. Cook and stir about 2 minutes or until spinach is wilted. Remove from the heat and drain excess moisture. Sprinkle the feta cheese over the vegetables, then stir it in.

To assemble the fish rolls, place one-quarter of the spinach mixture onto the wide end of each filet. Carefully roll the filet around the spinach mixture. Use wooden toothpicks to hold the end of each roll in place.

Spray an 8x8 inch baking dish with non-stick spray. Place the fish rolls, seam side down, in the baking dish. Add 2 tablespoons of water. Loosely cover with foil.

Bake in a preheated oven for 15 to 20 minutes or until fish flakes easily when tested with a fork and is opaque all the way through.

# Grandma's Spinach Souffle Bake

## Ingredients

2 cups cottage cheese  
3 eggs, beaten  
3 (10 ounce) packages chopped frozen spinach, thawed and squeezed dry  
1/2 teaspoon salt  
1/8 teaspoon ground nutmeg  
1 1/2 cups shredded Cheddar cheese, divided

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease sides and bottom of an 8 inch square baking dish.

In a large bowl, mix together the cottage cheese and eggs. Stir in spinach, salt, nutmeg, and 1 1/4 cups of shredded Cheddar cheese. Mix until well blended. Spread evenly into prepared pan.

Bake in preheated oven for 45 minutes, or until firm. Remove from oven, and sprinkle with remaining cheese. Allow to rest for 5 minutes before serving.

# Spinach and Pasta Shells

## Ingredients

1 pound seashell pasta  
1 (10 ounce) package frozen  
chopped spinach  
2 tablespoons olive oil  
7 cloves garlic, minced  
1 teaspoon dried red pepper  
flakes (optional)  
salt to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and spinach and cook for 8 to 10 minutes or until pasta is al dente; drain and reserve.

Heat oil in a large skillet over medium heat. Add garlic and red pepper flakes; saute for 5 minutes or until the garlic turns light gold. Add cooked pasta and spinach to the skillet and mix well. Season with salt and toss; serve.



# Grilled Chicken Over Spinach

## Ingredients

1 tablespoon olive oil  
1 tablespoon cider vinegar  
1 garlic clove, minced  
1 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon cayenne pepper  
1/4 teaspoon salt  
Dash pepper  
4 (4 ounce) boneless skinless  
chicken breast halves  
SAUTEED SPINACH:  
1 green onion, finely chopped  
1 clove garlic, minced  
1 tablespoon olive oil  
1/2 pound fresh mushrooms,  
sliced  
1 (10 ounce) package fresh  
spinach, torn

## Directions

In a bowl, combine the first eight ingredients; mix well. Spoon over chicken. Grill, uncovered, over medium heat for 7 minutes on each side or until juices run clear.

In a large skillet, saute onion and garlic in oil for 1 minute. Stir in mushrooms; saute for 3-4 minutes or until tender. Add spinach; saute for 2 minutes or until wilted. Transfer to a serving platter; top with chicken.

# Spinach Noodle Casserole

## Ingredients

8 ounces dry spinach noodles  
2 tablespoons vegetable oil  
1 1/2 cups sour cream  
1/3 cup all-purpose flour  
1 1/2 cups cottage cheese  
4 green onions, minced  
2 teaspoons Worcestershire sauce  
1 dash hot pepper sauce  
2 teaspoons garlic salt

## Directions

Cook noodles in a large pot of salted boiling water until barely tender. Drain and rinse with cold water. Toss with vegetable oil.

While noodles are cooking, combine sour cream and flour in a large bowl. Mix well, then stir in cottage cheese, green onions, Worcestershire sauce, hot pepper sauce, and garlic salt. Stir noodles into mixture. Generously grease the inside of a slow cooker and pour in noodle mixture. Cover and cook on high for 1 1/2 to 2 hours.

# Blue Spinach Salad

## Ingredients

1 cup pre-washed spinach leaves  
1/3 cup seedless red grapes,  
rinsed and dried  
1 tablespoon blue cheese,  
crumbled  
2 tablespoons roasted, salted  
pumpkin seeds  
1 tablespoon blue cheese salad  
dressing (optional)

## Directions

Toss together the spinach leaves, grapes, blue cheese, and pumpkin seeds. Serve with blue cheese salad dressing if desired.

# Spinach and Strawberry Salad

## Ingredients

2 bunches spinach, rinsed and  
torn into bite-size pieces  
4 cups sliced strawberries  
1/2 cup vegetable oil  
1/4 cup white wine vinegar  
1/2 cup white sugar  
1/4 teaspoon paprika  
2 tablespoons sesame seeds  
1 tablespoon poppy seeds

## Directions

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

# Spinach Beef Stir-Fry

## Ingredients

1/4 cup reduced-sodium soy sauce  
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips  
2 teaspoons cornstarch  
1/2 teaspoon beef bouillon granules  
1/2 teaspoon Chinese five-spice powder  
1/2 cup water  
2 tablespoons canola oil, divided  
1 cup sliced fresh carrots  
1 medium green pepper, julienned  
1 cup sliced celery  
1 cup sliced fresh mushrooms  
1 (8 ounce) can sliced water chestnuts, drained  
1/2 cup sliced green onions  
6 cups torn fresh spinach  
Hot cooked rice

## Directions

Place soy sauce in a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for up to 2 hours. Drain and discard soy sauce.

In a bowl, combine the cornstarch, bouillon, five-spice powder and water until smooth; set aside. In a large nonstick skillet or wok, stir-fry beef in batches in 1 tablespoon hot oil until beef is no longer pink. Remove from skillet and set aside.

Stir-fry carrots in remaining oil for 2 minutes. Add the green pepper, celery and mushrooms; stir-fry for 3 minutes. Add the water chestnuts and onions; stir-fry for 2 minutes or until vegetables are crisp-tender. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes. Add spinach and beef; cook and stir until spinach is wilted and beef is heated through. Serve over rice if desired.

# Beef-Spinach Lattice Pie

## Ingredients

1 Pastry for double-crust pie (9 inches)  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
2 cups cooked long-grain rice  
1/2 pound ground beef, cooked and drained  
1 cup grated Parmesan cheese  
3 eggs, beaten  
1/2 cup dry bread crumbs  
1/3 cup olive or vegetable oil  
1/4 teaspoon ground nutmeg  
salt and pepper to taste

## Directions

On a floured surface, roll out half of pastry to fit the bottom and two-thirds up the sides of a 13-in. x 9-in. x 2-in. baking dish. Line ungreased dish with pastry. In a bowl, combine remaining ingredients. Spoon over crust. Roll out remaining pastry into a 15-in. x 10-in. rectangle; cut lengthwise into 3/4-in. strips. Place strips over the filling, forming a lattice crust. Press edges with a fork to seal. Bake at 350 degrees F for 50-60 minutes or until golden brown.

# Apple-Raisin Spinach Salad

## Ingredients

1/4 cup white wine vinegar  
2 tablespoons canola oil  
2 tablespoons chutney  
4 teaspoons sugar  
1 1/2 teaspoons curry powder  
1 teaspoon ground mustard  
1/4 teaspoon salt  
6 cups packed torn fresh spinach leaves  
1 1/2 cups chopped unpeeled green apples  
1/2 cup golden raisins  
1/4 cup coarsely chopped peanuts  
2 tablespoons finely chopped green onion

## Directions

In a small bowl, whisk together the first seven ingredients. Place spinach in a large salad bowl; top with apples, raisins, peanuts and onion. Drizzle with dressing; toss to coat. Serve immediately.

# Pumpkin, Spinach, and Feta Frittata

## Ingredients

4 cups cubed fresh pumpkin  
1 (10 ounce) potato, peeled and coarsely chopped  
4 1/2 ounces fresh spinach, chopped  
7 ounces crumbled feta cheese  
3/4 cup shredded Cheddar cheese  
8 eggs, lightly beaten  
1 small red onion, thinly sliced

## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 10-inch square baking dish and line it with parchment paper.

Place the pumpkin in a microwave-safe bowl; cover and cook in microwave on full power, stirring halfway through cooking time, until tender, about 5 minutes. Place the potato in a microwave-safe bowl; cover and cook in microwave on full power until tender enough to pierce with a fork, about 4 minutes.

Combine the pumpkin and potato in a large bowl. Add the spinach, feta cheese, Cheddar cheese, and eggs; stir. Transfer mixture to prepared dish; top with sliced onion.

Bake in preheated oven until firm, about 25 minutes. Allow to rest 5 minutes before serving.



# Lasagna Spinach Roll-Ups

## Ingredients

1 (16 ounce) package lasagna noodles  
2 tablespoons butter  
2/3 cup chopped red bell pepper  
2/3 cup chopped fresh mushrooms  
1/2 cup chopped onion  
2 cups small curd cottage cheese  
2 (10 ounce) packages frozen chopped spinach  
2 eggs, lightly beaten  
6 tablespoons grated Parmesan cheese, divided  
1 teaspoon black pepper  
  
2 (15 ounce) cans tomato sauce  
2 teaspoons dried marjoram  
1 teaspoon white sugar  
1/2 teaspoon garlic powder  
2/3 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of water to a boil. Add lasagna pasta and cook for 8 to 10 minutes or until al dente; drain and pat dry.

In a large skillet saute in butter the red bell pepper, mushrooms and onion until tender. In a bowl combine the sauteed vegetable mixture, cottage cheese, spinach, eggs, 4 tablespoons of the Parmesan cheese and pepper; mix well.

In a large skillet, heat tomato sauce, marjoram, sugar and garlic powder for 5 minutes.

Spread 1/3 cup filling on each noodle. Roll up and place in greased 9x13 baking dish. Pour tomato sauce mixture over lasagna rolls. Sprinkle with mozzarella cheese and remaining Parmesan cheese. Cover and bake in a preheated oven for 40 minutes.

# Spinach Lasagna I

## Ingredients

1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon vegetable oil  
3 tablespoons water  
1 pint part-skim ricotta cheese  
1 pound firm tofu, crumbled  
1/4 cup grated Parmesan cheese  
1 1/2 pounds fresh spinach,  
washed and chopped  
2 egg whites, beaten  
1/4 teaspoon ground black  
pepper  
2 1/2 tablespoons chopped fresh  
parsley  
8 lasagna noodles  
6 ounces mozzarella cheese,  
shredded  
6 cups tomato sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook the noodles according to package directions. Drain. Sauté the onion and garlic in the olive oil, adding water as needed to keep from sticking.

Combine the ricotta, tofu, Parmesan cheese, spinach, egg whites, black pepper, parsley, and sautéed onion and garlic. Mix well.

Spray a 9 x 13 inch casserole dish with cooking spray. Arrange a layer of cooked noodles on the bottom. Top with 1/3 each of the ricotta mixture, the mozzarella and the tomato sauce. Repeat layers twice more, ending with tomato sauce. Cover with foil.

Cover with foil and bake for 40 minutes. Remove foil and bake 10 to 15 more minutes.

# Cameroonian Fried Spinach

## Ingredients

1 (10 ounce) package baby spinach, rinsed  
1 cup fresh shiitake mushrooms, stemmed and quartered  
1 medium onion, coarsely chopped  
1 tablespoon olive oil  
garlic powder to taste

## Directions

Heat the olive oil in a wok, or large frying pan over medium-high heat. Add the mushrooms and onion, and saute until they are about halfway done. Dump in the spinach, and liberally sprinkle with garlic powder. Fry until the spinach has wilted, about 5 to 7 minutes.

# Pasta With Spinach Sauce

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 tablespoons minced garlic  
2 (10 ounce) packages frozen  
chopped spinach, thawed  
3 tablespoons sour cream  
1 (10.75 ounce) can condensed  
cream of celery soup  
1/2 cup grated Parmesan cheese  
1 cup chopped ham  
8 ounces spaghetti

## Directions

Cook noodles in a large pot of boiling water until al dente. Drain.

Meanwhile prepare the sauce. Heat oil in a medium saucepan over medium heat. Add onions, and ham if desired. Cook until onion is transparent, 2 to 3 minutes. Add garlic, and cook for 30 seconds. Stir in thawed spinach. Mix in sour cream, cream of celery soup, and Parmesan cheese. Reduce heat to low, and heat through.

Serve spinach sauce over spaghetti or egg noodles.

# Linguine with Spinach and Brie

## Ingredients

1 (8 ounce) package uncooked linguine pasta  
4 slices bacon, cut in half  
2 cups baby spinach, rinsed and dried  
1 clove garlic, minced  
1/4 cup cubed Brie cheese  
extra virgin olive oil

## Directions

Bring a large pot of lightly salted water to boil. Add linguine, and cook until al dente, about 8 to 10 minutes. Drain, and set pasta aside.

Fry bacon in a large skillet over medium heat until crisp. With a slotted spoon, remove bacon to paper towels. Stir garlic into bacon fat, and cook until garlic is slightly browned, about 1 to 2 minutes. Add spinach, and toss until spinach begins to wilt, about 2 minutes. Remove skillet from heat, stir in pasta, and toss. Sprinkle with Brie and drizzle with olive oil to taste, then toss until cheese is melted.

# Gouda Spinach Quiche

## Ingredients

Pastry for a single-crust 9-inch pie  
1 medium onion, chopped  
1 tablespoon butter  
8 cups torn fresh spinach  
1 cup shredded Gouda cheese  
6 bacon strips, cooked and crumbled  
4 eggs  
2 cups half-and-half cream  
1/2 teaspoon salt  
1/2 teaspoon pepper

## Directions

Line a deep-dish 9-in. pie plate with pastry. Trim and flute edge. Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees F for 5 minutes. Remove foil; bake 5 minutes longer. Place on a wire rack. Reduce heat to 350 degrees F.

In a skillet, saute the onion in butter until tender. Stir in spinach. Remove from the heat. Sprinkle cheese and bacon into crust; top with spinach mixture. In a bowl, beat eggs. Add the cream, salt and pepper; mix well. Carefully pour into crust.

Bake at 350 degrees F for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

# Mashed Potatoes with Spinach Pesto

## Ingredients

8 red potatoes, peeled and cubed  
2 cloves garlic, minced  
1 tablespoon olive oil  
1 (14 ounce) can vegetable broth  
3/4 (10 ounce) bag washed fresh spinach  
1/2 cup grated Parmesan cheese  
salt and pepper to taste

## Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam for a few minutes. Meanwhile, place garlic, olive oil, vegetable broth, and spinach into a blender. Puree until smooth and set aside.

When the potatoes are ready, mash until smooth, then fold in Parmesan cheese, and season to taste with salt and pepper.

# New Year Spinach Fettuccine with Scallops

## Ingredients

1/2 pound dry fettuccine pasta  
6 tablespoons olive oil, divided  
1 (10 ounce) package frozen  
chopped spinach  
salt and pepper to taste  
3/4 pound scallops  
4 cloves garlic, sliced  
2 (4.5 ounce) cans sliced  
mushrooms, drained  
1 (10.75 ounce) can condensed  
cream of mushroom soup  
1 cup white wine  
ground black pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve. Meanwhile, in a large skillet, heat 1 to 2 tablespoons of oil and add spinach and salt and pepper to taste. Saute spinach for 5 to 7 minutes or until wilted and no longer watery. Remove spinach from skillet and toss with pasta; transfer and keep warm.

In the same skillet, heat 2 more tablespoons of oil and add scallops and 2 cloves of sliced garlic. Cook scallops for 1 to 2 minutes or until they appear opaque. Add scallops and garlic to fettuccine and spinach mix; transfer and keep warm.

In the same skillet, heat 2 tablespoons of oil. Add 2 more cloves of sliced garlic and saute until golden. Add mushrooms, soup and white wine to skillet. Stir over medium heat for 8 minutes or until warm. Pour over fettuccine and spinach and add ground black pepper to taste; serve.



# Escargot and Pollock over Spinach Noodles

## Ingredients

1 (16 ounce) package spinach spaghetti pasta  
1/2 cup butter, divided  
5 pollock fillets  
1 small onion, diced  
1 (7 ounce) can escargot, drained  
2 cloves garlic, chopped  
1 tablespoon chopped fresh parsley  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/4 cup grated Parmesan cheese for topping

## Directions

Bring a large pot of lightly salted water to a boil. Add the spaghetti, and cook until tender, about 7 minutes. Drain, stir in a tablespoon of butter, and set aside.

Melt 1 tablespoon of butter in a skillet over medium heat. Add the onion and garlic, and cook until lightly browned. Lay the pollock fillets in the skillet, and cook until golden on each side, about 5 minutes. When the fillets are starting to be done, break them into pieces with a fork or spatula.

Add the remaining butter to the skillet, and stir in the escargot. Cook and stir for about 4 minutes. Escargot cooks fast like shrimp, so watch it. Remove from the heat, and season with parsley, oregano and basil. Top with a sprinkling of Parmesan cheese.

# Spinach Salad with Poppy Seed Dressing

## Ingredients

1/2 cup creamy salad dressing (e.g. Miracle Whip®)  
1/3 cup white vinegar  
1/3 cup white sugar  
1 teaspoon poppy seeds  
4 cups baby spinach  
4 cups mixed salad greens  
1 (10 ounce) can mandarin oranges, drained  
1/3 cup thinly sliced red onion  
1/2 cup slivered almonds

## Directions

Make the poppy seed dressing by whisking together the creamy salad dressing, vinegar, sugar, and poppy seeds; set aside. Arrange the spinach leaves, mixed salad greens, oranges, onion, and almonds onto individual salad plates. Drizzle with poppy seed dressing to serve.

# Spinach and Potato Pie

## Ingredients

3 medium potatoes  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
3 green onions, chopped  
8 ounces ricotta cheese  
1/2 lemon, juiced  
1 pinch salt and pepper to taste  
1 cup shredded mozzarella  
cheese  
4 matzo sheets

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the potatoes in the preheated oven, and bake for 45 minutes, or until tender. Turn once or twice. Cool, peel and cut into 1/4 inch slices.

Reduce the oven temperature to 350 degrees F (175 degrees C).

In a medium bowl, stir together the spinach, green onion, ricotta cheese, lemon juice, salt and pepper. Wet the matzo sheets under warm running water briefly on each side, just until pliable. Place one in the bottom of a 9 inch square baking dish. Spread 1/4 of the ricotta mixture over it, followed by a layer of potato slices. Sprinkle 1/4 of the mozzarella cheese over the potatoes. Repeat the layers, and finish with mozzarella cheese on top.

Bake for 35 minutes in the preheated oven, until the cheese on top is bubbly and golden brown. Keep warm until you are ready to serve. Cut into squares.

# Suzanne's Spinach Quiche

## Ingredients

1 (9 inch) unbaked pie crust  
1 (10 ounce) package frozen  
chopped spinach  
2 eggs  
1 cup plain yogurt  
1 tablespoon all-purpose flour  
1/4 teaspoon black pepper  
4 1/2 ounces fresh mushrooms,  
thinly sliced  
4 ounces shredded Cheddar  
cheese  
1/4 cup chopped green onions

## Directions

Preheat oven to 425 degrees F (220 degrees C). Prick the pie crust all over with fork and bake for 5 minutes.

Place the frozen spinach in microwave safe bowl and cook until thawed. Drain as much of the liquid as you can and then use paper towels to get the spinach as dry as possible.

Beat together the eggs, yogurt or sour cream, flour, and pepper until well mixed. Stir in the spinach. Layer the sliced mushrooms, cheese, and chopped scallions in that order on the bottom of the pie crust. Top with the spinach mixture.

Bake in preheated oven for 15 minutes and then decrease temperature to 350 degrees F (175 degrees C) and bake for 30 additional minutes. Let cool before serving.

# Spicy and Sweet Spinach

## Ingredients

1 tablespoon olive oil  
3 cloves garlic, minced  
1 pound fresh spinach  
1 teaspoon dried red pepper flakes  
salt and ground black pepper to taste  
1/3 cup golden raisins

## Directions

Heat olive oil in large skillet over medium-high heat; stir in the garlic and cook until just beginning to brown. Add the fresh spinach and stir to coat with the oil. Season with red pepper flakes, salt, and ground black pepper. Cover the skillet and cook for 4 to 5 minutes. Pour in a little bit of liquid (water or broth) if your skillet seems dry. As the spinach cooks, it will wilt and reduce in size. Once the spinach is cooked through, add raisins and stir for 1 more minute, until heated through.

# Spinach and Black Bean Pasta

## Ingredients

1 (16 ounce) package whole wheat rotini pasta  
1 1/2 cups vegetable broth  
2 1/2 cups chopped fresh spinach  
1/2 cup chopped red onion  
1 clove garlic, chopped  
1/2 teaspoon cayenne pepper  
salt and pepper to taste  
1 (15 ounce) can black beans, drained and rinsed  
1 cup frozen chopped broccoli  
1 cup diced tomatoes  
2 ounces freshly grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add rotini, and cook for 8 to 10 minutes, or until al dente; drain.

In a large saucepan over medium heat, bring the vegetable broth to a boil. Reduce heat, and mix in spinach, onion, garlic, cayenne pepper, salt, and pepper. Stir in the black beans and broccoli. Continue to cook and stir 5 to 10 minutes.

Stir the tomatoes into the saucepan, and continue cooking 10 minutes, or until all vegetables are tender. Serve over the cooked pasta. Garnish with Parmesan cheese.

# Spinach and Strawberry Daiquiri Salad

## Ingredients

1/4 cup lime juice  
1/4 cup honey  
1/4 teaspoon poppy seeds  
1/4 teaspoon Dijon mustard  
1/4 cup vegetable oil  
  
1 cup sliced almonds  
1/4 teaspoon salt  
1/4 cup white sugar  
  
1 (10 ounce) bag baby spinach,  
rinsed and dried  
2 pints sliced fresh strawberries  
1 cup toasted flaked coconut  
1/2 red onion, sliced

## Directions

Combine the lime juice, honey, poppy seeds, and mustard in a small bowl; slowly whisk in the oil.

Combine the almonds, salt, and sugar in a large skillet. Stir constantly over medium-low heat until almonds are light golden brown, about 5 minutes. Remove nuts from the skillet to cool.

Toss the spinach, strawberries, coconut, onions, and cooled almonds in a large bowl. Top with prepared dressing, and toss to coat.

# Spinach Pastry Diamonds

## Ingredients

1 (17.3 ounce) package  
Pepperidge Farm® Puff Pastry  
Sheets  
2 tablespoons butter or margarine  
1/2 cup finely chopped onion  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Chicken and  
Mushroom Soup  
4 eggs  
1 cup shredded Swiss cheese  
1/4 teaspoon ground nutmeg  
1 tablespoon water

## Directions

Thaw pastry sheets at room temperature 30 minutes. Preheat oven to 375 degrees F.

Melt butter in saucepan. Add onion and cook until tender. Add spinach.

Mix soup, 3 eggs, cheese and nutmeg. Stir in spinach mixture.

Unfold 1 pastry sheet on lightly floured surface. Roll into 13x9 inch rectangle. Place pastry in 13x9 inch baking dish. Spread spinach mixture on pastry.

Roll remaining pastry sheet to 13x9 inch rectangle. Place on spinach mixture. Tuck in edges. Mix remaining egg and water. Brush pastry with egg mixture.

Bake for 40 minutes or until pastry is puffed and browned. Cool in pan on wire rack. Cut in a diamond pattern to make 35 pieces.



# Spinach Lasagna Rolls

## Ingredients

4 ounces PHILADELPHIA Cream Cheese, softened  
1 (10 ounce) package frozen chopped spinach, thawed, well drained  
1 1/4 cups KRAFT Shredded Low-Moisture Whole Milk Mozzarella Cheese, divided  
1/4 cup KRAFT Grated Parmesan Cheese  
6 lasagna noodles, cooked, drained  
2 cups spaghetti sauce

## Directions

Heat oven to 375 degrees F. Mix cream cheese, spinach, 1 cup mozzarella and Parmesan until well blended; spread onto noodles. Roll up tightly.

Place, seam-sides down, in 9-inch sq. baking dish; top with sauce and remaining cheeses.

Bake 30 min. or until heated through.

# Blueberry Spinach Salad

## Ingredients

1/2 cup vegetable oil  
1/4 cup raspberry vinegar  
2 teaspoons Dijon mustard  
1 teaspoon sugar  
1/2 teaspoon salt  
1 (10 ounce) package fresh spinach, torn  
1 (4 ounce) package blue cheese, crumbled  
1 cup fresh blueberries  
1/2 cup chopped pecans, toasted

## Directions

In a jar with tight-fitting lid, combine the first five ingredients and shake well. In a large salad bowl, toss the spinach, blue cheese, blueberries and pecans. Add dressing and toss gently; serve immediately.

# Catalina Spinach Salad

## Ingredients

1/2 cup vegetable oil  
1/4 cup ketchup  
1/4 cup red wine vinegar  
1/4 cup finely chopped onion  
3 tablespoons sugar  
2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
2 (10 ounce) packages fresh spinach, torn  
2 large tomatoes, diced  
2 (8 ounce) cans sliced water chestnuts, drained  
2 cups chow mein noodles  
2 hard-cooked eggs, chopped  
12 bacon strips, cooked and crumbled

## Directions

Combine the first seven ingredients in a jar with tight-fitting lid; shake well. Combine remaining ingredients in a large salad bowl; add dressing and toss. Serve immediately.

# Baked Spinach

## Ingredients

1 1/4 pounds spinach  
1/4 cup all-purpose flour  
3 eggs, beaten  
3/4 cup shredded Cheddar cheese  
1/2 cup dried bread crumbs  
2 tablespoons chopped fresh parsley (optional)  
1/4 cup butter, melted  
1 cup milk  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish.

Clean spinach thoroughly. Remove all excess water. Chop spinach. Arrange spinach and flour in layers, nestle beaten eggs about midway between the layers.

Combine cheese and bread crumbs. Mix in optional parsley, if desired. Sprinkle over top of spinach. Mix butter or margarine, milk, salt and pepper. Pour over all ingredients. Bake at 350 degrees F (175 degrees C) oven for 50 minutes to one hour.

# Spinach-Cheese Swirls

## Ingredients

1 sheet Pepperidge Farm® Puff Pastry  
1 egg  
1 tablespoon water  
1/2 cup shredded Muenster cheese or Monterey Jack cheese  
1/4 cup grated Parmesan cheese  
1 green onion, chopped  
1/8 teaspoon garlic powder  
1 (10 ounce) package frozen chopped spinach, thawed and well drained

## Directions

Thaw pastry sheet at room temperature 40 minutes. Preheat oven to 400 degrees F. Mix egg and water. Set aside. Mix Muenster cheese, Parmesan cheese, onion and garlic powder.

Unfold pastry on lightly floured surface. Brush with egg mixture. Top with cheese mixture and spinach. Starting at short side, roll up like a jelly roll. Cut into 20 (1/2 inch) slices. Place on baking sheet. Brush with egg mixture.

Bake 15 minutes or until golden. Serve warm or at room temperature. Makes 20 appetizers.

# Spinach Crumb Casserole

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
2 eggs, beaten  
1/2 cup milk  
1/2 cup cubed process cheese  
(Velveeta)  
1 tablespoon chopped onion  
1/2 teaspoon salt  
1 cup soft bread crumbs  
4 1/2 teaspoons butter or  
margarine, melted

## Directions

In a large bowl, combine the spinach, eggs, milk, cheese, onion and salt. Pour into a greased 1-qt. baking dish. Combine bread crumbs and butter; sprinkle over the top. Bake, uncovered, at 350 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean.

# Spinach Artichoke Feta Ball

## Ingredients

1 (8 ounce) package cream cheese  
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry  
1 (4 ounce) package feta cheese, crumbled  
1 (4 ounce) can artichoke hearts, chopped with hard leaf tips removed  
2 teaspoons minced garlic  
1 (1 ounce) package dry ranch salad dressing mix

## Directions

In a large bowl, combine the cream cheese, spinach, feta cheese, artichokes, garlic and Ranch dressing mix. Mix together with clean hands until well blended. Form into a ball or log and set on a serving plate. Done!

# Fruity Spinach Salad

## Ingredients

3 cups loosely packed baby spinach  
1/4 cup sliced celery  
1/3 cup canned mandarin oranges  
1/2 medium apple, cubed  
1/4 cup seedless red or green grapes, halved  
2 tablespoons sliced almonds, toasted  
1/4 cup reduced fat raspberry vinaigrette

## Directions

Divide the spinach, celery, oranges, apple and grapes between two salad plates. Sprinkle with almonds. Drizzle with dressing.



# Artichoke and Spinach Swirls

## Ingredients

1 (17.3 ounce) package  
Pepperidge Farm® Puff Pastry  
1/2 cup mayonnaise  
1/2 cup grated Parmesan cheese  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1/2 teaspoon ground black  
pepper  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
well drained  
1 (14 ounce) can artichoke hearts,  
drained and chopped

## Directions

Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle. Heat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Stir the mayonnaise, cheese, onion powder, garlic powder, black pepper, spinach and artichokes in a small bowl until the ingredients are mixed.

Unfold 1 pastry sheet on a lightly floured surface. With the short side facing you, spread half of the spinach mixture on the pastry to within 1-inch of the edges. Starting at the short sides, roll up like a jelly roll. Repeat with remaining pastry sheet and spinach mixture.

Cut each roll into 20 (1/2-inch) slices. Place 2 inches apart on prepared baking sheets.

Bake for 15 minutes or until golden. Remove from the baking sheet and cool slightly on a wire rack. Serve warm or at room temperature. Makes 40 pastries.

# Spinach Strudels

## Ingredients

1/2 cup olive oil  
1 bunch green onions, chopped  
2 (10 ounce) packages frozen chopped spinach, thawed, well drained  
2 tablespoons chopped fresh dill  
3 extra large eggs, lightly beaten  
7 ounces feta cheese, crumbled  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
40 sheets frozen phyllo pastry, thawed in refrigerator  
1 cup unsalted butter, melted  
1/2 cup plain bread crumbs

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium skillet, heat olive oil over a medium heat. Stir in green onions and cook until soft, about 5 minutes. Set aside.

Meanwhile in a large bowl, combine spinach, dill, eggs, feta, salt and pepper. Add reserved green onions, and mix well.

Unfold 1 sheet of the phyllo pastry, brush with melted butter, and sprinkle lightly with breadcrumbs. Lay another sheet directly on top of the first sheet; repeat butter and breadcrumb steps. Continue to do this until you have 10 layers.

Spoon 3/4 cup of spinach mixture (in a sausage-like shape) along longer edge of the top sheet. Roll it up, place on baking sheet, and brush lightly with butter. Score off 1-inch rounds by marking with a knife for easier cutting later. Repeat process with the remaining pastry sheets. You will have 4 rolls total when finished.

Bake in a preheated oven for 12 minutes or until edges are lightly brown. Cut into individual servings where you have marked. Serve immediately.

# Green Chile Spinach Quiche

## Ingredients

1/2 cup all-purpose flour  
1 teaspoon baking powder  
1 teaspoon salt  
12 eggs  
1 (8 ounce) package shredded Colby-Monterey Jack cheese  
2 cups small curd cottage cheese  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
2 (4 ounce) cans chopped green chilies  
1/2 cup melted butter  
2 (9 inch) unbaked pie crusts

## Directions

Preheat an oven to 400 degrees F (200 degrees C). Whisk the flour, baking powder, and salt together in a small bowl; set aside.

Beat the eggs in a mixing bowl until smooth. Whisk in the flour mixture until no lumps remain. Stir in the Colby-Monterey Jack cheese, cottage cheese, spinach, green chiles, and melted butter until evenly blended. Divide the mixture between the pie crusts.

Bake the quiches in the preheated oven for 15 minutes at 400 degrees F (200 degrees C), then reduce the temperature to 350 degrees F (175 degrees C). Continue baking until the quiches are lightly browned and a knife inserted into the center comes out clean, 35 to 40 minutes.

# Spinach Cantaloupe Salad with Mint

## Ingredients

4 cups fresh spinach leaves  
1 cup sliced cantaloupe  
1 cup sliced avocado  
1/2 cup diced red bell pepper  
2 tablespoons chopped fresh mint leaves  
  
1 tablespoon mint apple jelly  
1 1/2 teaspoons white wine vinegar  
3 tablespoons vegetable oil  
1 clove garlic, minced

## Directions

Divide spinach between 2 serving plates. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint.

Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.

# Spinach Garlic Soup

## Ingredients

1 (10 ounce) package fresh spinach, trimmed and coarsely chopped  
4 cups chicken broth  
1/2 cup shredded carrots  
1/2 cup chopped onion  
8 cloves garlic, minced  
1/3 cup butter or margarine  
1/4 cup all-purpose flour  
3/4 cup heavy cream  
1/4 cup milk  
1/2 teaspoon pepper  
1/8 teaspoon ground nutmeg

## Directions

In a 5-qt. Dutch oven, bring spinach, broth and carrots to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Remove from heat; cool to lukewarm.

Meanwhile, in skillet, saute onion and garlic in butter until onion is soft, about 5-10 minutes. Add flour; cook and stir over low heat for 3-5 minutes. Add to spinach mixture. Puree in small batches in a blender or food processor until finely chopped. Place in a large saucepan. Add cream, milk, pepper and nutmeg; heat through but do not boil.

# Spinach-Infused Mashed Potatoes

## Ingredients

4 potatoes, peeled and cubed  
1 tablespoon extra-virgin olive oil  
1/2 cup diced red bell pepper  
1/2 cup diced yellow bell pepper  
1/4 cup all-purpose flour  
2 cups chicken broth  
ground black pepper to taste  
  
3 ounces baby spinach leaves  
1/2 cup grated Parmesan cheese  
2 tablespoons bacon bits  
1 tablespoon minced garlic  
2 tablespoons butter  
1/2 cup cream  
salt and pepper to taste

## Directions

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the olive oil in a saucepan over medium heat. Stir in the red and yellow bell pepper, and cook until the peppers begin to soften, about 3 minutes. Stir in the flour, and cook for 3 minutes more. Pour in the chicken broth, and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer gently for 15 minutes. Season to taste with black pepper.

Once the potatoes have finished draining, return them to the pot along with the baby spinach, Parmesan cheese, bacon bits, and garlic; mash until smooth. Fold in the butter and cream until incorporated and season to taste with salt and pepper. Serve the mashed potatoes alongside the bell pepper gravy.

# Creamy Spinach Soup

## Ingredients

1 pound frozen chopped spinach, thawed  
2 cups water  
4 teaspoons chicken bouillon granules  
1/2 cup chopped onion  
1/4 teaspoon garlic powder  
1/4 cup butter  
1/4 cup all-purpose flour  
3 cups half-and-half  
salt and pepper to taste

## Directions

Place spinach, water, bouillon, onion, and garlic powder in a large pot over medium-high heat. Bring to a boil, then reduce heat to medium-low and simmer until spinach is tender. Meanwhile, melt the butter in a small saucepan and whisk in the flour until smooth. Cook for 2 minutes. Slowly stir in half-and-half; mix until smooth. Pour the half-and-half into the spinach, and simmer until thickened, about 10 minutes. Season to taste with salt and pepper.

# Spinach Artichoke Spread

## Ingredients

2 cups mayonnaise  
2 cups grated Parmesan cheese  
1 (14 ounce) can water packed artichoke hearts, rinsed, drained, and chopped  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
2 garlic cloves, minced

## Directions

In a large bowl, combine all ingredients. Spoon into an ungreased 9-in. deep-dish pie plate. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through. Serve warm.



# Spicy Spinach

## Ingredients

5 ounces Pepper Jack cheese,  
shredded  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1/4 cup milk

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 2 quart casserole dish combine cheese, spinach and milk.

Bake in preheated oven for 15 to 20 minutes, stirring occasionally.

Let stand 5 minutes before serving.

# Sweet Spinach Salad

## Ingredients

3 tablespoons orange juice concentrate  
2 tablespoons sugar  
2 tablespoons cider vinegar  
1 1/2 teaspoons chopped onion  
1/4 teaspoon salt  
1/2 cup vegetable oil  
1 1/2 teaspoons poppy seeds  
1 (10 ounce) package fresh baby spinach  
1 (15 ounce) can mandarin oranges, drained  
2/3 cup slivered almonds, toasted

## Directions

In a blender, combine the orange juice concentrate, sugar, vinegar, onion and salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds. Transfer to a small pitcher or bowl. Refrigerate for at least 1 hour or until chilled.

On salad plates, arrange the spinach, mandarin oranges and almonds. Drizzle with dressing.

# Spinach and Leek White Bean Soup

## Ingredients

2 teaspoons olive oil  
4 leeks, bulb only, chopped  
2 cloves garlic, chopped  
2 (16 ounce) cans fat-free chicken broth  
2 (16 ounce) cans cannellini beans, rinsed and drained  
2 bay leaves  
2 teaspoons ground cumin  
1/2 cup whole wheat couscous  
2 cups packed fresh spinach  
salt and pepper to taste

## Directions

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

# Strawberry Spinach Salad II

## Ingredients

1/2 cup white sugar  
2 tablespoons sesame seeds  
1/2 teaspoon sesame oil  
1 tablespoon poppy seeds  
1 1/2 teaspoons dried minced onion  
1/4 teaspoon paprika  
1/2 cup vegetable oil  
1/2 cup balsamic vinegar  
2 bunches fresh spinach - chopped, washed and dried  
1 pint strawberries, halved

## Directions

Whisk together the sugar, sesame seeds, sesame oil, poppy seeds, dried onion, paprika, oil and vinegar. Refrigerate until chilled.

In a salad bowl, combine the spinach and strawberries. Drizzle with dressing, toss lightly and serve.

# Skewered Sea Bass with Spinach Pesto and

## Ingredients

6 cloves garlic, divided  
1 cup Bertolli® Extra Virgin Olive Oil, divided  
6 mint leaves, finely chopped  
2 pounds sea bass or halibut, cut into 1-inch pieces  
3 semi-ripe mangoes, julienned (1/8 x 1/8 x 3-inch strips)  
10 cherry tomatoes, finely chopped  
2 green onions, sliced  
5 basil leaves, thinly sliced  
1/2 pound baby spinach leaves  
1 cup pine nuts  
1/4 cup grated Parmesan cheese

## Directions

Finely chop 1 clove garlic. Combine 1/2 cup Bertolli® Extra Virgin Olive Oil, mint and chopped garlic in large nonaluminum baking dish. Add sea bass; gently toss to coat. Cover and marinate in refrigerator up to 1 hour.

Meanwhile, combine mangos, tomatoes, onions and basil in large bowl. Cover and refrigerate until ready to serve.

Process spinach, remaining 3 cloves garlic, pine nuts, remaining 1/2 cup Olive Oil and cheese in food processor until smooth; set aside.

Remove sea bass from marinade, discarding marinade. Skewer sea bass, then grill or broil, turning occasionally, 5 minutes or until sea bass flakes with a fork. Serve sea bass with pesto and mango salsa.

# Pan Fried Spinach

## Ingredients

5 slices bacon  
2 2/3 tablespoons butter  
1/4 cup olive oil  
2 tablespoons minced garlic  
1 sweet onion, chopped  
3 (6 ounce) bags baby spinach leaves  
coarse salt and ground black pepper to taste

## Directions

In a skillet over medium heat, fry the bacon until evenly brown and crisp. Drain, crumble, and set aside.

Melt the butter and heat the olive oil in a large skillet over medium heat. Mix in the crumbled bacon, garlic, and onion. Cook and stir 2 minutes, then mix in the spinach until evenly coated with the butter and oil. Cover skillet, reduce heat to low, and cook 5 minutes, stirring often, or until spinach is tender. Season with salt and pepper to serve.

# Spinach Quiche

## Ingredients

1/2 cup butter  
3 cloves garlic, chopped  
1 small onion, chopped  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (4.5 ounce) can mushrooms,  
drained  
1 (6 ounce) package herb and  
garlic feta, crumbled  
1 (8 ounce) package shredded  
Cheddar cheese  
salt and pepper to taste  
1 (9 inch) unbaked deep dish pie  
crust  
4 eggs, beaten  
1 cup milk  
salt and pepper to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium skillet, melt butter over medium heat. Saute garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.

In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.

Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

# Butternut Squash Soup with Spinach Ravioli

## Ingredients

1/4 teaspoon ground cumin  
1/4 teaspoon ground nutmeg  
2 tablespoons butter  
1 cup sliced onions  
3/4 cup sliced leeks  
2 1/2 cups peeled, seeded and cubed butternut squash  
1/2 cup dry white wine  
5 cups chicken broth  
1 pinch ground cinnamon  
1 pinch ground ginger  
1 pound cheese filled spinach ravioli  
3/4 cup light cream  
salt and pepper to taste

## Directions

Place the cumin seeds and nutmeg in a large saucepan over medium heat, and cook until lightly browned. Stir in the butter, and saute the onions and leeks until tender. Mix in squash, wine, and chicken broth. Season with cinnamon and ginger. Reduce heat, and simmer 10 to 15 minutes.

Bring a large pot of lightly salted water to a boil. Add ravioli, and cook 8 to 10 minutes or until al dente; drain.

With a hand mixer, puree the soup mixture. Blend in light cream, and season with salt and pepper. Mix in the cooked ravioli just before serving.



# Spinach Bars

## Ingredients

3 tablespoons butter  
3 eggs  
1 cup milk  
1 cup all-purpose flour  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 teaspoon baking powder  
1 1/2 teaspoons minced garlic  
1/2 cup chopped fresh mushrooms  
1 small onion, chopped  
4 cups shredded Cheddar cheese  
1 (10 ounce) package frozen chopped spinach, thawed and drained

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a 9x13 inch baking dish while the oven preheats.

In a large bowl, whisk together the eggs, milk, flour, salt, pepper, baking powder and garlic until well blended. Add the mushrooms, spinach and cheese, and stir to blend evenly. Tip the baking dish to coat with melted butter, then pour the spinach mixture into the pan.

Bake for 30 minutes in the preheated oven, until firm and golden. Cut into bars, and serve warm.

# Fried Spinach

## Ingredients

1 (12 fluid ounce) can spinach,  
drained  
1 egg  
1/4 cup milk  
1 tablespoon bacon bits

## Directions

Place spinach in a large skillet.

Whisk egg, milk and bacon bits together in a small bowl, then pour mixture into the skillet with spinach. Cook over a medium-low heat; stirring frequently until most of the moisture is absorbed into the spinach. Serve warm.

# Simply Divine Meat Loaf with Spinach

## Ingredients

1 1/2 pounds ground beef  
2 eggs  
1/2 cup sour cream  
2 tablespoons Worcestershire sauce  
1 (1 ounce) package dry onion soup mix  
1/2 cup grated Parmesan cheese  
1/2 cup Italian salad dressing  
1 1/2 cups Italian seasoned bread crumbs  
1 cup chopped fresh spinach

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, mix the ground beef, eggs, sour cream, Worcestershire sauce, dry onion soup mix, Parmesan cheese, salad dressing, bread crumbs, and spinach. Transfer to a 5x9 inch pan, and cover with aluminum foil.

Bake 45 minutes in the preheated oven. Remove foil, and continue baking 15 minutes, to a minimum internal temperature of 160 degrees F (70 degrees C). Let stand 5 minutes before slicing.

# Layered Spinach Mostaccioli

## Ingredients

1 (8 ounce) package mostaccioli  
pasta  
1 (28 ounce) jar spaghetti sauce  
1/4 cup grated Parmesan cheese  
1 (10 ounce) package frozen  
chopped spinach  
8 ounces shredded mozzarella  
cheese

## Directions

In a large pot with boiling salted water cook mostaccioli until al dente. Drain.

In a large bowl combine spaghetti sauce, grated Parmesan cheese, and cooked and drained pasta.

In a separate bowls place cooked spinach and shredded mozzarella cheese. Reserve 1/2 cup of shredded mozzarella cheese for top.

To assemble, in a 1 1/2 quart casserole dish layer half of the noodle mixture, spinach, and shredded mozzarella cheese. Repeat. Cover with aluminum foil.

Bake in a preheated 350 degree F(175 degree C) oven for 30 minutes. Remove from oven, sprinkle remaining 1/2 cup shredded mozzarella cheese over top and bake until cheese melts.

# Spinach Floret Salad

## Ingredients

4 cups torn spinach leaves  
2 cups torn iceberg lettuce  
1 1/2 cups broccoli florets  
1 1/4 cups cauliflowerets  
1 cup chow mein noodles  
8 bacon strips, cooked and crumbled (optional)  
2 hard-cooked eggs, sliced  
2 green onions, finely chopped  
3 fresh mushrooms, thinly sliced  
3 radishes, sliced

### DRESSING:

1 cup vegetable oil  
3/4 cup sugar  
1/3 cup cider vinegar  
1/4 cup chopped onion  
1 teaspoon salt  
1 teaspoon Worcestershire sauce

## Directions

In a large salad bowl, toss the first 10 ingredients. Place dressing ingredients in a blender; cover and process until combined. Serve with salad. Refrigerate leftover dressing.

# Sausage Spinach Alfredo Lasagna

## Ingredients

1 pound spicy pork sausage  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (16 ounce) jar Alfredo sauce  
1/4 teaspoon ground black  
pepper  
2 cups shredded Cheddar cheese  
1 (15 ounce) container ricotta  
cheese  
1/2 cup grated Parmesan cheese  
1 egg, lightly beaten  
3/4 (16 ounce) package no-boil  
lasagna noodles  
1 cup shredded mozzarella  
cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a skillet over medium heat, cook the sausage until evenly brown. Drain, and mix in the spinach and Alfredo sauce. Season with pepper. Continue cooking until spinach and sauce are heated through.

In a bowl, mix the Cheddar cheese, ricotta cheese, Parmesan cheese, and egg.

In a 9x13 inch baking dish, layer 1/3 of the sausage mixture, 1/3 of the noodles, and 1/3 of the cheese mixture. Repeat layers twice, and top with mozzarella cheese.

Cover, and bake 45 minutes in the preheated oven. Let stand 15 minutes before serving.

# Quick and Easy Sauteed Spinach

## Ingredients

1 tablespoon extra-virgin olive oil  
1 (10 ounce) bag spinach leaves  
1 1/2 teaspoons garlic salt  
1/4 cup grated Parmesan cheese

## Directions

Heat the olive oil in a large skillet over medium heat. Add the spinach to the skillet and cover; allow to cook 5 minutes. Stir in the garlic salt and cover again for another 5 minutes; remove from heat. Sprinkle with Parmesan cheese to serve.

# Aunt Carol's Spinach and Fish Bake

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup sharp Cheddar cheese  
1/3 cup dry bread crumbs  
1 egg, beaten  
1 pound cod fillets  
salt and pepper to taste

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a bowl, mix the spinach, 1/2 cup Cheddar cheese, about 5 tablespoons dry bread crumbs, and the egg. Spread the mixture into the bottom of a small baking dish. Arrange the cod fillets on top of the spinach mixture, and season with salt and pepper. Top with the remaining Cheddar cheese and bread crumbs.

Cover, and bake 20 minutes in the preheated oven, or until fish flakes easily with a fork.



# Spinach Supreme

## Ingredients

1 cup sliced fresh mushrooms  
1 medium onion, chopped  
1/4 cup reduced-sodium chicken broth  
8 cups chopped fresh spinach  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons chopped walnuts, toasted

## Directions

In a large saucepan, cook mushrooms and onion in broth over medium-low heat until tender. Stir in the spinach, garlic powder, salt and pepper; cover and cook for 2-3 minutes or until spinach is wilted. Stir in walnuts. Serve with a slotted spoon.

# Party Spinach Spread

## Ingredients

1 (10 ounce) package frozen  
chopped spinach  
1/3 cup chopped parsley  
2 tablespoons chopped onion  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/2 cup mayonnaise

## Directions

Thaw spinach and drain thoroughly, squeezing out extra liquid. Wash parsley; pat dry on paper toweling. In food processor, chop parsley using steel blade. Add spinach and remaining ingredients; pulse until combined. Store in airtight container in refrigerator. Serve with thin wheat crackers, buttery crackers or celery and cheese sticks.

# Rita's Spinach Casserole

## Ingredients

1 pound ground beef  
1 (15 ounce) can tomato sauce  
1 cup sour cream  
1 teaspoon dried thyme  
3 1/2 cups farfalle (bow tie) pasta, uncooked  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 cup shredded mozzarella cheese

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a pan of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes.

Crumble ground beef into a skillet over medium-high heat. Cook, stirring constantly until evenly browned. Drain excess grease, and stir in the tomato sauce, sour cream and thyme.

Place the cooked pasta into the bottom of a 2 quart casserole dish. Pour the ground beef mixture over the pasta. Cover with a layer of spinach. Top with shredded cheese.

Bake for 30 minutes in the preheated oven, until heated through and lightly browned on the top.

# Spinach Roll-Ups

## Ingredients

2 (10 ounce) packages frozen chopped spinach, thawed and drained  
1 (1 ounce) package ranch dressing mix  
1 cup mayonnaise  
1 cup sour cream  
1/2 cup bacon bits  
3 tablespoons chopped onions  
10 (12 inch) flour tortillas

## Directions

In a medium-size mixing bowl, combine spinach, ranch mix, mayonnaise, sour cream, bacon bits and onion. Spread the mixture onto each tortilla and roll it up. Refrigerate the rolled tortillas until ready to serve.

Slice each roll-up into 1 inch servings no more than 3 hours before serving.

# Potato Spinach Casserole

## Ingredients

7 large potatoes, peeled and cubed  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 cup sour cream  
1/4 cup butter  
2 tablespoons chopped green onions  
2 teaspoons salt  
1/4 teaspoon black pepper  
1 cup shredded Cheddar cheese

## Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 2 quart casserole dish.

Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 15 minutes. Drain and mash.

In a large bowl combine mashed potatoes, spinach, sour cream, butter, green onions, salt and pepper. Spoon into prepared dish.

Bake for 15 minutes. Top with cheese and bake 5 minutes longer.

# Surimi, Spinach, and Roasted Red Pepper Quiche

## Ingredients

1 (9 inch) pastry for a 9 inch single crust pie  
4 eggs  
2/3 cup heavy cream  
1 teaspoon garlic powder  
1 teaspoon ground black pepper  
1 teaspoon salt  
1 tablespoon hot pepper sauce  
8 ounces surimi (imitation crabmeat), cut into bite-sized pieces  
7 green onions, chopped  
3 tablespoons roasted red peppers, drained and chopped  
1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
1 cup shredded Cheddar cheese  
1/4 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Press the pie crust into a 9 inch glass pie plate, and press fingers along the upper edge to decorate. Bake in preheated oven until the crust is very lightly browned, about 12 minutes.

Meanwhile, whisk together the eggs, cream, garlic powder, pepper, salt, and hot pepper sauce in a bowl until well blended. Fold in the surimi, green onions, roasted peppers, spinach, Cheddar cheese, and Parmesan cheese. Pour into the pie crust.

Return to the oven, and bake 20 minutes. Turn the oven off, and leave the quiche in the oven until slightly firm, 20 to 30 minutes.

# Sunny Pepper Parmesan Rice with Spinach

## Ingredients

2 cups uncooked instant rice  
2 cups water  
1 tablespoon vegetable oil  
1 large orange bell pepper, finely chopped  
1 cup red bell pepper, finely chopped  
1 cup yellow bell pepper, finely chopped  
3 tablespoons chopped sweet onion  
2 cups torn baby spinach leaves  
1 teaspoon garlic salt  
1 tablespoon seasoned salt  
vinaigrette salad dressing to taste  
1/2 cup grated Parmesan cheese

## Directions

Place rice and water in a pot, and bring to a boil. Let sit five minutes. Fluff with a fork.

Heat the oil in a wok over medium heat. Stir in the orange bell pepper, red bell pepper, yellow bell pepper, onion, and spinach. Season with garlic salt and seasoned salt. Cook 5 minutes. Mix in cooked rice, vinaigrette and Parmesan cheese. Continue cooking until heated through.

# Simple Spinach Salad

## Ingredients

1 (6 ounce) package fresh baby spinach  
1 cup chopped cucumber  
1 cup fresh broccoli florets  
1/2 cup golden raisins  
1/2 cup real bacon bits  
1/4 cup slivered almonds  
1/4 cup sliced fresh mushrooms  
1/4 cup chopped red onion  
DRESSING:  
1/3 cup mayonnaise  
1/4 cup sugar  
2 tablespoons red wine vinegar

## Directions

In a large salad bowl, combine the spinach, cucumber, broccoli, raisins, bacon, almonds, mushrooms and onion. In a small bowl, whisk the dressing ingredients until smooth. Drizzle over salad and toss to coat.



# Creamy Spinach Tortellini

## Ingredients

1 (9 ounce) package refrigerated  
cheese tortellini  
2 tablespoons Butter  
1 small onion, chopped  
1 (8 ounce) package cream  
cheese  
1/2 cup grated Parmesan cheese  
1/2 cup milk  
fresh mushrooms, sliced  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
cherry tomatoes, halved

## Directions

Cook tortellini according to package directions.

Heat butter in a large skillet over medium heat. Stir in onion; cook until soft and translucent. Mix in cream cheese, parmesan, milk, mushrooms, and spinach.

Gently mix in tortellini and cherry tomatoes with skillet contents; warm through, and serve.

# Spinach and Mushroom Frittata

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed thoroughly to remove liquid  
4 eggs or equivalent egg substitute  
1 cup part-skim ricotta cheese  
3/4 cup freshly grated Parmesan cheese  
3/4 cup chopped portobello mushrooms  
1/2 cup finely chopped scallions with some green tops  
1/4 teaspoon dried Italian seasonings  
1 pinch Salt and pepper, to taste

## Directions

Preheat oven to 375 degrees.

In a large bowl, whisk together all ingredients until well mixed. Spray a 9-inch pie plate with cooking spray and fill with the spinach mixture.

Bake for 30 minutes, or until browned and set. Let cool for 20 minutes, cut in wedges and serve.

# Spinach Lentil Soup

## Ingredients

1/3 cup uncooked white rice  
2/3 cup water  
1 teaspoon vegetable oil  
4 ounces turkey kielbasa,  
chopped  
1 onion, minced  
1 carrot, chopped  
1/2 teaspoon crushed red pepper  
flakes  
6 cups water  
2 cups reduced sodium chicken  
broth  
1 cup dry lentils  
1 (10 ounce) bag fresh spinach,  
torn

## Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a large pot over medium heat, and cook the turkey kielbasa until lightly browned. Mix in onion and carrot, and season with red pepper. Cook and stir until tender. Pour in the water and broth, and mix in lentils. Bring to a boil, reduce heat to low, and simmer 25 minutes.

Stir the cooked rice and spinach into the soup, and continue cooking 5 minutes before serving.

# Spinach Pie

## Ingredients

2 tablespoons butter  
2 tablespoons chopped onion  
1 (16 ounce) package frozen  
chopped spinach, thawed and  
drained  
3 eggs  
1 1/2 cups heavy cream  
1/2 teaspoon salt  
1/2 teaspoon ground black  
pepper  
1/2 teaspoon ground nutmeg  
1/2 cup shredded Swiss cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Spray a 9 inch pie pan with non-stick cooking spray.

Melt 2 tablespoons butter in a large saucepan over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Squeeze extra water out of the spinach and add the spinach to the skillet. Continue cooking until the spinach is heated through and the extra water evaporates. Spoon mixture into pie pan.

In a large bowl, beat together eggs and cream. Stir in salt, pepper and nutmeg. Pour into pie pan, top with shredded Swiss cheese. dot with remaining 1 tablespoon of butter.

Bake 25 to 30 minutes until set and golden brown. Cool 5 minutes before serving.

# Spinach and Bean Casserole

## Ingredients

1 cup dry black-eyed peas  
1/4 cup olive oil  
1 onion, chopped  
3 cups fresh spinach  
1 (28 ounce) can peeled and diced tomatoes  
2 teaspoons salt  
1 teaspoon fennel seed, ground

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook black-eye peas in a pressure cooker for 12 minutes.

Heat oil in a large saucepan over medium high heat. Saute onion with spinach, tomatoes, salt and fennel for 15 minutes.

Combine beans with spinach mixture in a 2 quart casserole dish.

Bake in preheated oven for 15 minutes.

# Spinach Surprise

## Ingredients

1 medium onion, chopped  
2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/2 teaspoon salt  
3/4 cup milk  
2 (10 ounce) packages frozen  
chopped spinach, thawed  
1/2 cup salsa or picante sauce  
1 cup shredded Cheddar cheese,  
divided

## Directions

In a saucepan, saute onion in butter until tender. Stir in flour and salt until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Stir in spinach and picante sauce. Stir in 3/4 cup cheese. Transfer to a greased 8-in. square baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through.

# Spinach Deviled Eggs

## Ingredients

12 hard-cooked eggs  
1/4 cup mayonnaise  
2 tablespoons vinegar  
2 tablespoons butter or margarine,  
softened  
1 tablespoon sugar  
1/2 teaspoon pepper  
1/4 teaspoon salt  
1/2 cup frozen chopped spinach,  
thawed and squeezed dry  
4 bacon strips, cooked and  
crumbled

## Directions

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Stir in the mayonnaise, vinegar, butter, sugar, pepper and salt. Add spinach and mix well. Stir in the bacon; spoon into egg whites. Serve immediately.

# Ramen Spinach Pasta Salad Supreme

## Ingredients

2 (3 ounce) packages chicken flavored ramen noodles  
8 cups torn spinach leaves  
2 cups cooked and cubed chicken  
1 cup seedless red grapes, halved  
1 cup sliced red bell peppers  
1/2 cup chopped cashews  
1/2 cup Gorgonzola cheese, crumbled  
4 cloves garlic, minced  
1 lemon, juiced  
1/3 cup olive oil  
1/4 cup light mayonnaise  
1 red bell pepper, sliced  
20 grape clusters, for garnish

## Directions

Cook ramen noodles according to package directions, without adding the flavor packets. Drain noodles and cool. Cut noodles into large bite size pieces.

In a large bowl combine the torn spinach leaves, cooked turkey or chicken, halved grapes, red pepper, cashews, Gorgonzola or blue cheese, and ramen noodles.

In a small bowl mix flavor packets, garlic, and lemon juice and let stand at least 15 minutes. Add oil and mayonnaise and whisk until smooth.

Pour dressing over salad and toss until thoroughly mixed. Garnish with red pepper rings and small grape clusters, if desired. Serve.



# Beef and Spinach Curry

## Ingredients

2 tablespoons ghee (clarified butter)  
2 cloves garlic, crushed  
1 large onion, finely sliced  
2 serrano peppers, thinly sliced  
2 whole cloves, bruised  
1 teaspoon garam masala  
1 teaspoon ground coriander  
1/2 teaspoon chile powder  
1 teaspoon turmeric  
1 1/2 teaspoons ground cumin  
1 1/2 pounds beef tenderloin, cubed  
1 teaspoon salt  
1 cup chopped tomatoes  
2/3 cup coconut milk  
1 (10 ounce) bag spinach  
1 teaspoon lemon juice

## Directions

Heat the ghee in a large saucepan over medium heat. Stir in the garlic and onion, and cook until softened, about 5 minutes. Add the serrano, and continue to cook for another 3 minutes. Season with the cloves, garam masala, coriander, chile powder, turmeric, and cumin, cook for 2 to 3 more minutes to release the flavor.

Stir in the beef and salt, cook for 3 minutes more. Add the tomatoes, coconut milk, and spinach. Bring to a simmer, then cover, and cook for 20 minutes, stirring occasionally.

Uncover, then stir in the lemon juice, and cook for 10 more minutes, stirring frequently, until the sauce has thickened.

# A Lot More Than Plain Spinach Pie (Greek

## Ingredients

3 eggs  
1 pound chopped fresh spinach  
3 leeks, chopped  
5 green onions, chopped  
2 1/3 cups crumbled feta cheese  
1 bunch parsley, chopped  
1 bunch dill, chopped  
1 bunch spearmint, chopped  
1 teaspoon white sugar  
1 cup milk  
3/4 cup olive oil  
1 pinch salt and ground black pepper to taste

2 1/2 cups all-purpose flour  
1/2 cup semolina flour  
1 pinch salt  
1/4 cup olive oil  
2 cups water

1 1/4 cups grated Parmesan cheese (optional)  
2 tablespoons cold butter, cut into pieces  
2 tablespoons olive oil

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a deep 9x9 inch baking dish.

Beat the eggs in a mixing bowl, then stir in the spinach, leeks, green onions, feta cheese, parsley, dill, spearmint, sugar, milk, and 3/4 cup of olive oil until evenly mixed. Season to taste with salt and pepper; set aside. Whisk together the all-purpose flour, semolina flour, and 1 pinch of salt in a mixing bowl. Stir in 1/4 cup of olive oil and the water until no lumps remain. Pour 2/3 of the batter into the prepared 9x9 inch pan, and spread out evenly. Spoon the spinach filling over the batter, then spoon the remaining batter overtop. Sprinkle with the Parmesan cheese, butter pieces, and 2 tablespoons of olive oil.

Bake in the preheated oven until the bottom crust and top has firmed and nicely browned, about 1 hour.

# Spinach Casserole

## Ingredients

1 (16 ounce) package cottage cheese  
6 eggs  
1/2 cup all-purpose flour  
1/4 cup sour cream  
2 teaspoons salt  
1/2 teaspoon ground black pepper  
2 (10 ounce) packages frozen chopped spinach, thawed and drained  
4 cups shredded Cheddar cheese, divided

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Place cottage cheese, eggs, flour, sour cream, salt, and pepper in a food processor. Process until smooth. Mix spinach, cottage cheese mixture, and 2 cups of Cheddar cheese in a bowl, then spread into the prepared baking dish.

Bake in the preheated oven until a knife inserted into the center comes out clean, about 45 minutes. Top with the remaining 2 cups of Cheddar cheese and continue baking until cheese has melted, about 10 minutes.

# Chicken with Prosciutto Spinach Cream Sauce

## Ingredients

2 eggs  
1 cup milk  
2 cups Italian seasoned bread crumbs  
1 teaspoon garlic powder  
1 teaspoon paprika  
salt and pepper to taste  
  
1/4 cup vegetable oil  
4 thin-sliced skinless, boneless chicken breast halves  
1/2 cup white wine  
1 tablespoon all-purpose flour  
1 pint heavy cream  
1 teaspoon minced garlic  
1 1/2 cups diced prosciutto  
3 cups chopped fresh spinach  
1 cup shredded mozzarella cheese

## Directions

Beat the eggs and milk together in a small bowl; set aside. Stir the bread crumbs, garlic powder, paprika, salt, and pepper together in a separate bowl.

Heat the vegetable oil in a skillet over medium heat. Dip the chicken breasts into the egg mixture and press into the bread crumbs, shaking off the excess bread crumbs. Cook the chicken breasts in the hot oil until golden brown on both sides, no longer pink in the center, and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Remove the chicken breasts from the pan, set aside, and keep warm. Pour the white wine into the pan; bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Increase temperature to medium-high and stir in the flour. Cook and stir until the wine has reduced to half its original volume, about 1 minute. Whisk in the cream and garlic and bring to a simmer. Season to taste with salt and pepper; cook and stir until thickened, about 8 minutes. Stir in the prosciutto, spinach, and mozzarella cheese; cook and stir until the cheese has melted and the spinach has wilted. Pour the sauce over the chicken breasts to serve.

# Spinach and Red Chard Quiche

## Ingredients

1 (9 inch) unbaked 9 inch pie crust  
1/2 pound spinach, rinsed and chopped  
1/2 pound red Swiss chard, rinsed and chopped  
1 tablespoon vegetable oil  
1 onion, diced  
3 cloves garlic, minced  
1/4 teaspoon curry powder  
1 teaspoon dried parsley  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
8 small oyster mushrooms, chopped  
2 teaspoons capers  
1 (12 ounce) package firm tofu, cubed  
1/4 cup skim milk  
1/4 teaspoon ground nutmeg  
1 pinch ground cinnamon  
1 pinch ground cardamom  
1/2 cup grated Parmesan cheese  
1/2 cup shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bake pie crust until lightly browned. Meanwhile, place spinach and Swiss chard in a steamer over 1 inch of boiling water, and cover. Lightly cook, about 5 minutes.

Heat oil in a large skillet over medium heat and saute onions and garlic. When onions become transparent add spinach and chard. Stir in curry powder, parsley, salt and pepper. Saute until spinach and chard reduce, then add mushrooms and capers. Stir and remove from heat.

In a blender or food processor, combine tofu, milk, nutmeg, cinnamon, cardamom and Parmesan cheese. Process until smooth and creamy. Pour over vegetables and mix well. Transfer mixture to the pie crust.

Bake in preheated oven for 20 minutes. Remove from oven and sprinkle top with Cheddar cheese. Bake for 10 more minutes, or until cheese is lightly browned.

# Spinach-Stuffed Bread

## Ingredients

1 (1 pound) loaf frozen bread dough  
1 medium onion, chopped  
1 clove garlic, minced  
2 teaspoons olive oil  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
2 cups shredded reduced-fat Cheddar or part-skim mozzarella cheese

## Directions

Thaw bread dough according to package directions; let rise until doubled. Meanwhile, in a skillet, saute onion and garlic in oil until tender. Stir in spinach.

On a lightly floured surface, roll dough into a 14-in. x 10-in. rectangle. Spread the spinach mixture to within 1/2 in. of edges; sprinkle with cheese. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Place seam side down on a baking sheet coated with nonstick cooking spray; tuck ends under.

Bake at 350 degrees F for 25-30 minutes or until golden brown. Remove from pan to a wire rack; let stand for 10 minutes before slicing. Serve warm.

# Oriental Spinach Salad

## Ingredients

5 cups fresh spinach, rinsed and dried  
1 cup bean sprouts  
2 clementines, peeled and segmented  
1/3 cup sliced fresh mushrooms  
1/3 cup vegetable oil  
2 tablespoons soy sauce  
1 pinch garlic powder

## Directions

Tear the spinach into bite size pieces and toss in a large bowl with the bean sprouts, clementines and mushrooms.

In a small bowl, whisk together the oil, soy sauce and garlic powder. Pour over the spinach mixture, toss, and let stand for about 5 minutes to let the flavors blend.

# Extra-Easy Spinach Lasagna

## Ingredients

1 (15 ounce) container ricotta cheese  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
2 cups shredded mozzarella cheese  
3 cups Prego® Fresh Mushroom Italian Sauce  
6 uncooked lasagna noodles  
1/4 cup water

## Directions

Mix ricotta cheese, spinach and 1 cup mozzarella cheese.

Spread 1 cup pasta sauce in 2-quart shallow baking dish. Top with 3 lasagna noodles and half the spinach mixture. Repeat layers. Top with remaining pasta sauce. Slowly pour water around inside edges of baking dish. Cover.

Bake at 400 degrees F for 40 minutes Uncover. Sprinkle with remaining mozzarella cheese. Bake 10 minutes or until hot. Let stand 10 minutes.



# Spinach Rice Salad

## Ingredients

1/2 cup Italian salad dressing  
1 tablespoon soy sauce  
1/2 teaspoon sugar  
2 cups cooked rice  
1 celery rib, thinly sliced  
4 green onions, thinly sliced  
2 cups thinly sliced fresh spinach leaves  
5 bacon strips, cooked and crumbled

## Directions

In a bowl, combine the salad dressing, soy sauce and sugar. Stir in rice, celery and onions. Cover and refrigerate for at least 1 hour. Just before serving, stir in spinach and bacon.

# Spinach Cheese Pie

## Ingredients

2 (9 inch) pie crusts  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black  
pepper  
1/4 teaspoon ground nutmeg  
15 ounces ricotta cheese  
8 ounces mozzarella cheese  
1 cup grated Parmesan cheese  
2 cups diced Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Press bottom pie crust into glass pie dish.

In a large bowl, combine the spinach, salt, pepper, nutmeg, ricotta, mozzarella, Parmesan, and Cheddar cheeses. Mix together well and pour into bottom pie crust. Place second pie crust on top of filling and trim edges.

Bake at 350 degrees F (175 degrees C) for 40 minutes. Let stand 10 minutes and cut into wedges.

# Goat Cheese and Spinach Turkey Burgers

## Ingredients

1 1/2 pounds ground turkey breast  
1 cup frozen chopped spinach, thawed and drained  
2 tablespoons goat cheese, crumbled

## Directions

Preheat the oven broiler.

In a medium bowl, mix ground turkey, spinach, and goat cheese. Form the mixture into 4 patties.

Arrange patties on a broiler pan, and place in the center of the preheated oven 15 minutes, or until done.

# Garlic Spinach Soup

## Ingredients

4 cups chicken broth  
2 cloves garlic, minced  
3 tablespoons grated fresh ginger root  
1 cup chopped zucchini  
2 cups cubed cooked chicken  
1 (2 ounce) package cellophane noodles  
4 cups fresh spinach

## Directions

Bring the chicken broth, garlic, and ginger to a boil in a large saucepan; reduce heat to medium and cook for 10 minutes. Add the zucchini and cook until the zucchini is tender, about 10 minutes more. Stir in the chicken and cellophane noodles; cook until the chicken is hot and the noodles are soft and transparent, about 3 minutes. Stir in the spinach until wilted.

# Spinach and Mushroom Quesadillas

## Ingredients

1 (10 ounce) package chopped spinach  
2 cups shredded Cheddar cheese  
2 tablespoons butter  
2 cloves garlic, sliced  
2 portobello mushroom caps, sliced  
4 (10 inch) flour tortillas  
1 tablespoon vegetable oil

## Directions

Prepare spinach according to package directions. Drain and pat dry.

Preheat oven to 350 degrees F (175 degrees C). Sprinkle 1/2 cup cheese on one side of each tortilla. Place tortillas cheese side up on baking sheets, and bake 5 minutes, or until cheese is melted.

Melt the butter in a skillet over medium heat. Stir in garlic and mushrooms, and cook about 5 minutes. Mix in spinach, and continue cooking 5 minutes. Place an equal amount of the mixture on the cheese side of each tortilla. Fold tortillas in half over the filling.

Heat oil in a separate skillet over medium heat. Place quesadillas in the skillet one at a time, and cook 3 minutes on each side, until golden brown. Cut each quesadilla into 4 wedges to serve.

# Warm Bacon Spinach Salad

## Ingredients

3 bacon strips, diced  
1 tablespoon all-purpose flour  
1 egg  
6 tablespoons water  
2 tablespoons vinegar  
1 tablespoon sugar  
salt and pepper to taste  
3 cups torn fresh spinach  
1/2 cup seasoned croutons

## Directions

In a skillet, cook bacon until crisp. Remove bacon to paper towels. Drain, reserving 1 tablespoon drippings. Stir flour into drippings until smooth. In a large bowl, beat egg; add water, vinegar, sugar, salt and pepper. Slowly pour into skillet. Bring to a boil; boil for 2 minutes, stirring constantly. Place spinach in a bowl. Remove dressing from the heat; stir in reserved bacon. Immediately spoon desired amount over spinach; add croutons and toss to coat. Serve warm. Store leftover dressing in the refrigerator for up to 2 days. Before serving, reheat over low heat just until heated through.

# Easy Fried Spinach

## Ingredients

1/4 cup canola oil  
1/4 cup unsalted butter  
2 (10 ounce) bags fresh spinach leaves  
8 cloves garlic, thinly sliced

## Directions

Melt the butter with the canola oil in a large skillet over medium heat until it stops bubbling. This allows the water from the butter to evaporate. Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.

# Italian Spinach Sausage Pie

## Ingredients

1 pound bulk Italian sausage  
6 eggs  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
4 cups shredded mozzarella cheese  
3/4 cup ricotta cheese  
1/2 teaspoon salt  
1/8 teaspoon garlic powder  
1/8 teaspoon pepper  
1 (10 inch) pastry for a double crust pie  
1 tablespoon water

## Directions

In a skillet, cook sausage over medium heat until no longer pink; drain. Separate one egg and set the yolk aside. In a mixing bowl, beat the egg white and remaining eggs. Add spinach, mozzarella cheese, ricotta cheese, salt, garlic powder, pepper and sausage; mix well.

Line a 10-in. pie plate with bottom pastry. Add filling. Roll out remaining pastry to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in pastry. If desired, cut out holly leaf and berry shapes from pastry scraps; place on top crust. Beat water and remaining egg yolk; brush over top.

Bake at 375 degrees F for 50-60 minutes or until crust is golden brown and filling is bubbly. Let stand for 10 minutes before cutting.



# Spinach-Pork Stuffed Shells

## Ingredients

6 uncooked jumbo pasta shells  
1/4 pound ground pork  
4 cups water  
3 cups torn fresh spinach  
1 egg, lightly beaten  
3 tablespoons shredded  
Parmesan cheese, divided  
2 tablespoons heavy whipping  
cream  
1 garlic clove, minced  
1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
1/8 teaspoon pepper  
1 cup meatless spaghetti sauce

## Directions

Cook pasta shells according to package directions. Meanwhile, in a small skillet, cook pork over medium heat until no longer pink; drain and set aside. In a saucepan, bring water to a boil. Add spinach; boil for 1-2 minutes or until wilted. Drain and squeeze dry; chop the spinach.

In a bowl, combine the pork, spinach, egg, 1 tablespoon Parmesan cheese, cream, garlic, salt, nutmeg and pepper.

Drain shells; stuff with the pork mixture. Spread 1/4 cup spaghetti sauce in an ungreased 1-qt. baking dish. Place stuffed shells in dish; drizzle with remaining spaghetti sauce. Sprinkle with remaining Parmesan cheese. Cover and bake at 400 degrees F for 15 minutes. Uncover; bake 10-15 minutes longer or until heated through.

# Fruit 'n' Spinach Salad

## Ingredients

1 pound fresh spinach, torn  
4 cups strawberries, sliced  
1 (11 ounce) can mandarin  
oranges, drained  
1 star fruit, sliced  
GINGER SALAD DRESSING:  
1/3 cup lemon juice  
2 tablespoons olive or canola oil  
2 tablespoons sugar  
3/4 teaspoon ground ginger  
2 teaspoons grated lemon peel

## Directions

Arrange spinach and fruit on salad plates. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salads; serve immediately.

# Spinach Feta Pizza

## Ingredients

3/4 cup water (70 to 80 degrees F)  
2 tablespoons olive or canola oil  
1/2 teaspoon sugar  
1/2 teaspoon salt  
2 cups bread flour  
2 teaspoons active dry yeast  
TOPPING:  
1 garlic clove, minced  
1/8 teaspoon garlic salt  
2 cups chopped fresh spinach  
1 small red onion, sliced and  
separated into rings  
1 cup sliced fresh mushrooms  
1 cup shredded mozzarella  
cheese  
1/4 cup crumbled feta cheese  
1/2 teaspoon dried basil

## Directions

In bread machine pan, place the first six ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

When cycle is completed, turn dough onto a lightly floured surface. Knead for 1 minute. Cover and let rest for 15 minutes. Roll into a 12-in. circle. Transfer to a greased 12-in. pizza pan. Cover and let rise in a warm place until puffed, about 20 minutes.

Sprinkle with garlic and garlic salt. Top with the spinach, onion, mushrooms, cheeses and basil. Bake at 400 degrees F for 35-40 minutes or until crust is golden and cheese is melted. Let stand for 5 minutes before slicing.

# Cheesy Beer and Spinach Dip

## Ingredients

2/3 cup beer  
3 cups shredded Monterey Jack cheese  
2 tablespoons all-purpose flour  
1/2 cup frozen chopped spinach, thawed and drained  
1 tablespoon chopped fresh cilantro  
salt and pepper to taste

## Directions

In a medium saucepan over medium heat, bring beer to a boil. Lower heat. Slowly stir in Monterey Jack cheese and flour. Cook and stir until cheese is melted but not bubbly.

Mix spinach, cilantro, salt and pepper into the beer mixture. Serve warm.

# Spinach and Orzo Salad

## Ingredients

1 (16 ounce) package uncooked orzo pasta  
1 (10 ounce) package baby spinach leaves, finely chopped  
1/2 pound crumbled feta cheese  
1/2 red onion, finely chopped  
3/4 cup pine nuts  
1/2 teaspoon dried basil  
1/4 teaspoon ground white pepper  
1/2 cup olive oil  
1/2 cup balsamic vinegar

## Directions

Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water. Transfer to a large bowl and stir in spinach, feta, onion, pine nuts, basil and white pepper. Toss with olive oil and balsamic vinegar. Refrigerate and serve cold.

# Super Spinach Pie

## Ingredients

1 baking potato  
1 large carrot  
1 tablespoon olive oil  
2 cups chopped onion  
1 clove garlic, minced  
10 ounces spinach, rinsed  
1 cup low-fat cottage cheese  
2 pinches ground nutmeg  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
4 sheets phyllo dough  
3 tablespoons unsalted butter, melted

## Directions

Peel potatoes and carrots and cut into 1/2 inch cubes. In a small pot of salted boiling water, cook the potato and carrot cubes until they are tender, about 10 minutes. Drain them, and run under cold water for a few seconds

In a heavy skillet, heat the olive oil over medium heat. Add the onions, and cook them, stirring frequently for 5 minutes or until they have softened. Add the garlic, and saute for 1 minute. Add the spinach in two or three batches, letting each batch wilt before you add more.

Take the spinach mixture off the heat and spoon it into a food processor. Add the cottage cheese, nutmeg, salt and pepper and adjust the seasonings, if you like. Puree the mixture well.

Preheat the oven to 400 degrees F (200 degrees C).

Lay a sheet of phyllo on your work surface and brush it lightly with melted butter. Place another sheet of phyllo on top and butter it. Do the same with the third and fourth sheets. Cut the layered phyllo in half crosswise, so that the pieces are 8 1/2 by 11 inches.

Spoon the spinach filling into a shallow casserole approximately 8 by 10 inches in size. Add the potatoes and carrots, and stir them in.

Place the phyllo layers over the filling. Turn under the edges as necessary to fit the pan.

Bake the pie at 400 degrees F (200 degrees F) for 20 minutes or until the phyllo is golden brown. Cut the pie into portions and serve.

# Spinach Stuffed Chicken Breast

## Ingredients

1 (10 ounce) package fresh spinach leaves  
1/2 cup sour cream  
1/2 cup shredded pepperjack cheese  
4 cloves garlic, minced  
4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness  
1 pinch ground black pepper  
8 slices bacon

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place spinach in a large glass bowl, and heat in the microwave for 3 minutes, stirring every minute or so, or until wilted. Stir in sour cream, pepperjack cheese, and garlic.

Lay the chicken breasts out on a clean surface, and spoon some of the spinach mixture onto each one. Roll up chicken to enclose the spinach, then wrap each chicken breast with two slices of bacon. Secure with toothpicks, and arrange in a shallow baking dish.

Bake uncovered for 35 minutes in the preheated oven, then increase heat to 500 degrees F (260 degrees C), or use the oven's broiler to cook for an additional 5 to 10 minutes to brown the bacon.

# White Bean, Spinach, and Barley Stew

## Ingredients

- 1 cup uncooked pearl barley
- 3 cups water
- 1 teaspoon olive oil
- 1 cup chopped yellow onion
- 2 cloves garlic, minced
- 1/2 teaspoon dried rosemary
- 3/4 cup small fresh mushrooms
- 1 cup chopped yellow bell pepper
- 2 tablespoons white wine
- 1 (15.5 ounce) can white beans, drained and rinsed
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained
- 2 cups fresh spinach
- 1 pinch red pepper flakes

## Directions

Bring the barley and water to a boil in a pot. Cover, reduce heat to low, and simmer 30 minutes, or until tender.

Heat the olive oil in a large pot over medium heat, and cook the onion and garlic until tender. Season with rosemary. Mix the mushrooms, yellow bell pepper, and wine into the pot, and cook 5 minutes. Stir in the cooked barley, beans, tomatoes, and spinach. Season with red pepper flakes. Continue cooking 10 minutes, or until spinach is wilted.



# Spinach Veggie Casserole

## Ingredients

1 3/4 cups water  
3/4 cup white rice  
3 tablespoons butter  
3 tablespoons all-purpose flour  
2 cups milk  
2 cups shredded Swiss cheese  
salt and pepper to taste  
1 teaspoon hot pepper sauce  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
2 tablespoons vegetable oil  
1 onion, chopped  
2 cloves garlic  
1 red bell pepper, chopped  
1 (15 ounce) can white corn,  
drained  
1/2 cup dried bread crumbs,  
seasoned  
2 tablespoons butter, diced

## Directions

Combine water and rice in a small saucepan, and bring to a boil. Cover, reduce heat, and simmer for 20 minutes.

Melt 3 tablespoons butter in a large saucepan over medium heat. Mix flour into the butter slowly, stirring constantly. Whisk in milk a small amount at time until smooth. Cook over a medium heat until thickened, stirring constantly. Stir in 1 1/2 cups shredded Swiss cheese, salt, pepper, and hot sauce; stir until the cheese melts. Stir in spinach.

Meanwhile, heat oil in a skillet over medium heat. Cook onion, garlic, bell pepper, and corn in oil until tender, stirring frequently.

Preheat oven to 350 degrees F (175 degrees C). In a large casserole dish, combine rice, spinach-cheese mixture, and onion mixture. Sprinkle breadcrumbs over the top of the casserole, dot with 2 tablespoons butter, and top with remaining 1/2 cup of cheese.

Bake, uncovered, in the preheated oven for approximately 20 minutes, or until cheese topping melts.

# Best Spinach Dip Ever

## Ingredients

1 cup mayonnaise  
1 (16 ounce) container sour cream  
1 (1.8 ounce) package dry leek soup mix  
1 (4 ounce) can water chestnuts, drained and chopped  
1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (1 pound) loaf round sourdough bread

## Directions

In a medium bowl, mix together mayonnaise, sour cream, dry leek soup mix, water chestnuts and chopped spinach. Chill in the refrigerator 6 hours, or overnight.

Remove top and interior of sourdough bread. Fill with mayonnaise mixture. Tear removed bread chunks into pieces for dipping.

# Spinach Cheese Ball

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
2 (8 ounce) packages cream cheese, softened  
1 (4 ounce) can water chestnuts, drained and chopped  
1 (.4 ounce) packet dry vegetable soup mix  
2 tablespoons mayonnaise  
1 cup finely shredded Cheddar cheese  
1/2 cup chopped walnuts

## Directions

In a large bowl, mix together the spinach, cream cheese, water chestnuts, vegetable soup mix, mayonnaise and Cheddar cheese until well blended. Form into a ball, and roll in chopped walnuts. If the mixture is too soft to form a ball, refrigerate for about 30 minutes to set. Wrap the cheese ball in plastic wrap, and refrigerate overnight to blend the flavors before serving with your favorite crackers.

# Savory Spinach Casserole

## Ingredients

1 (8 ounce) package cream  
cheese, softened  
1/4 cup milk  
2 (10 ounce) packages frozen  
chopped spinach  
1/3 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, combine cream cheese and milk; mix until blended. Spoon spinach into 1-quart casserole, top with cream cheese mixture and sprinkle with Parmesan cheese.

Bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes.

# The Perfect Sunday Brunch Spinach Salad

## Ingredients

2 (10 ounce) bags baby spinach  
2 bananas, sliced  
12 fresh strawberries, sliced  
1 (10 ounce) can mandarin  
oranges, drained  
1/2 cup dried cranberries  
1/2 cup pine nuts  
1 cup poppy seed salad dressing

## Directions

Place spinach in a large bowl. Arrange bananas, strawberries, mandarin oranges, cranberries, and pine nuts on top. Toss with poppy seed dressing before serving.

# Strawberry, Kiwi, And Spinach Salad

## Ingredients

2 tablespoons raspberry vinegar  
2 1/2 tablespoons raspberry jam  
1/3 cup vegetable oil  
8 cups spinach, rinsed and torn  
into bite-size pieces  
1/2 cup chopped walnuts  
8 strawberries, quartered  
2 kiwis, peeled and sliced

## Directions

Mix together raspberry vinegar, raspberry jam, and vegetable oil in a small container.

Combine spinach, nuts, strawberries, and kiwi in a salad bowl.  
Toss with raspberry dressing.

# Spinach Salad with Oranges

## Ingredients

1 (10 ounce) package fresh spinach, torn  
1 (11 ounce) can mandarin oranges, drained  
1 cup sliced fresh mushrooms  
3 bacon strips, cooked and crumbled  
DRESSING:  
3 tablespoons ketchup  
2 tablespoons cider vinegar  
1 1/2 teaspoons Worcestershire sauce  
1/4 cup sugar  
2 tablespoons chopped onion  
1/8 teaspoon salt  
Dash pepper  
1/2 cup vegetable oil

## Directions

In a large salad bowl, toss the spinach, oranges, mushrooms and bacon; set aside. In a blender or food processor, combine the ketchup, vinegar, Worcestershire sauce, sugar, onion, salt and pepper; cover and process until smooth. While processing, gradually add oil in a steady stream. Serve with salad.

# Springtime Ham and Spinach Salad

## Ingredients

3 tablespoons olive oil  
2 tablespoons orange juice  
2 teaspoons raspberry vinegar  
1 teaspoon coarse grained  
prepared mustard  
ground black pepper to taste  
3 cups cooked ham, cubed  
8 cups baby spinach, rinsed and  
dried  
1 cup diced cantaloupe  
1/2 cup diced peaches, drained  
1 red onion, thinly sliced

## Directions

In a small bowl, whisk together the oil, juice, vinegar, mustard and pepper.

In a large bowl, toss together the ham, spinach, cantaloupe, peaches and onion. Pour dressing over all and toss to coat. Serve immediately.



# Spinach Pesto Chicken Breasts

## Ingredients

1 1/2 cups finely chopped fresh spinach  
2 tablespoons basil pesto, or to taste  
4 skinless, boneless chicken breast halves  
2 tablespoons grated Parmesan cheese (optional)

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Mix the spinach and pesto together in a bowl; spread half the mixture into the bottom of a glass baking dish. Place the chicken breasts onto the spinach mixture; top with the rest of the mixture. Cover the dish with aluminum foil.

Bake in the preheated oven until the chicken is no longer pink in the center and the juices run clear, about 30 minutes. Uncover and sprinkle the Parmesan cheese. Return to the oven and bake until the cheese has begun to melt and brown, about 15 minutes.

# Spinach and Rice Alfredo

## Ingredients

1 garlic clove, minced  
2 tablespoons butter or margarine  
1/2 cup whipping cream  
1/4 cup grated Parmesan cheese  
2 cups packed torn fresh spinach leaves  
1/8 teaspoon salt  
1/8 teaspoon white pepper  
1 1/2 cups hot cooked rice

## Directions

In a small saucepan, saute garlic in butter. Stir in cream and Parmesan cheese; cook for 1 minute or until the cheese is melted. Add spinach, salt and white pepper. Cook for 1 minute or until spinach is wilted. Stir in rice.

# Creamy Spinach-Stuffed Portobellos

## Ingredients

1 tablespoon vegetable oil  
1 medium onion, chopped  
1 medium tomato, chopped  
1 (6 ounce) bag fresh baby spinach leaves  
1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)  
4 large portobello mushrooms, stems removed  
2 tablespoons grated Parmesan cheese  
1 tablespoon bread crumbs, toasted

## Directions

Heat the oil in a 10-inch nonstick skillet over medium heat. Add the onion and cook until tender-crisp, stirring occasionally. Add the tomatoes and spinach and cook just until the spinach is wilted. Stir in the soup and cook until the mixture is hot and bubbling.

Stir the bread crumbs and cheese in a small bowl.

Place the mushroom caps onto a baking sheet. Spoon the spinach mixture into the mushroom caps.

Roast at 425 degrees F for 15 minutes or until the mushroom caps are tender. Remove the baking sheet from the oven. Sprinkle with the bread crumb mixture.

Heat the broiler. Broil the mushroom caps 4 inches from the heat until the bread crumb mixture is golden brown.

# Spinach Salad with Red Potatoes

## Ingredients

1 (10 ounce) package fresh spinach, torn  
3 small red potatoes, cooked and diced  
2 hard-cooked eggs, chopped  
1/2 cup sliced fresh mushrooms  
2 bacon strips, diced  
1/4 cup chopped red onion  
1/2 teaspoon cornstarch  
1/4 cup apple juice  
2 tablespoons cider vinegar  
2 teaspoons granular no-calorie sucralose sweetener, e.g., Splenda ®  
1/8 teaspoon pepper

## Directions

In a salad bowl, combine spinach, potatoes, eggs and mushrooms. In a skillet, cook bacon until crisp. Remove bacon with a slotted spoon; drain on paper towels. In the drippings, saute onion until tender. Combine cornstarch, apple juice, vinegar, sweetener and pepper until smooth; stir into skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened and bubbly. Pour over spinach mixture. Add bacon and toss. Serve immediately.

# Two-Cheese Spinach Bake

## Ingredients

1 cup all-purpose flour  
2 eggs, lightly beaten  
1 cup milk  
1/4 cup butter or margarine,  
melted  
1/2 small onion, chopped  
2 tablespoons grated Parmesan  
cheese  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
2 cups shredded Monterey Jack  
cheese

## Directions

In a large bowl, whisk the flour, eggs, milk, butter, onion, Parmesan cheese, garlic, salt and cayenne until combined. Fold in spinach and Monterey Jack cheese. Transfer to a greased 1-1/2-qt. baking dish.

Bake, uncovered, at 350 degrees F for 40-45 minutes or until a knife inserted near the center comes out clean. Serve immediately.

# Robin's Quinoa with Mushrooms and Spinach

## Ingredients

1 tablespoon olive oil  
1/2 onion, chopped fine  
1 teaspoon minced garlic  
1 cup quinoa  
1/2 cup white wine  
1 3/4 cups chicken broth  
2 teaspoons balsamic vinegar  
1 teaspoon chopped fresh thyme

1 tablespoon olive oil  
1 (8 ounce) package sliced mushrooms  
4 teaspoons balsamic vinegar  
1/4 cup white wine  
1/4 cup chicken broth  
1 teaspoon chopped fresh thyme  
salt and pepper to taste  
1 (10 ounce) bag washed spinach leaves  
1/4 cup crumbled goat cheese

## Directions

Heat olive oil in a saucepan over medium heat. Add onion and garlic, cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in quinoa until well blended.

Pour in 1/2 cup white wine and cook, stirring, until absorbed by the quinoa, about 30 seconds. Stir in 1 3/4 cups chicken broth, 2 teaspoons balsamic vinegar, and 1 teaspoon chopped thyme. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 15 minutes.

Meanwhile, heat 1 tablespoon olive oil in a skillet over medium-high heat. Add the mushrooms and cook until lightly browned, about 5 minutes. Pour in 4 teaspoons balsamic vinegar, 1/4 cup white wine, 1/4 cup chicken stock, and 1 teaspoon chopped thyme. Reduce heat to medium-low, cover, and simmer until the mushrooms soften, about 5 minutes.

Once the quinoa has cooked, stir in the mushroom mixture, and season to taste with salt and pepper. Remove quinoa from the heat and stir in spinach leaves, which will wilt. Transfer to a serving dish and sprinkle with crumbled goat cheese.

# Spinach Muenster Quiche

## Ingredients

8 ounces Muenster cheese, sliced  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
2 eggs  
1/3 cup grated Parmesan cheese  
1 (8 ounce) package cream  
cheese, softened  
salt and pepper to taste  
garlic powder to taste  
4 ounces Muenster cheese, sliced

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Line a quiche dish or 9 inch pie pan with the 8 ounces of Muenster cheese slices. Carefully press all of the water out of the spinach and place it in a large mixing bowl. Add eggs, Parmesan cheese, cream cheese, salt, pepper and garlic powder; stir well. Spoon mixture into pan and top with remaining cheese slices.

Bake in preheated oven for 35 minutes and allow to set up for 10 minutes before serving. Decrease oven temperature by 25 degrees F if using glass pie dish.

# Quick Creamy Spinach and Tomato Pasta

## Ingredients

8 ounces angel hair pasta  
1 (14.5 ounce) can diced tomatoes  
2 cups baby spinach leaves  
1/2 cup sour cream  
1 tablespoon prepared basil pesto  
(optional)

## Directions

Bring a large pot of lightly salted water to a boil. Add the pasta and cook for 3 to 4 minutes, until tender. Drain.

While you wait for the pasta, combine the tomatoes and spinach in a saucepan over medium heat. When the spinach begins to wilt, stir in the sour cream and pesto. Toss sauce with drained pasta and serve immediately.



# Spinach Marie

## Ingredients

2 1/2 cups milk  
1/2 teaspoon dry mustard  
1/2 teaspoon garlic salt  
1 tablespoon butter  
1/2 cup chopped onion  
3 tablespoons melted butter  
3 tablespoons all-purpose flour  
3/4 pound Cheddar cheese,  
cubed  
3 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
1 cup shredded Monterey Jack  
cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium saucepan over low heat, combine milk, dry mustard and garlic salt. Bring to a slow boil and simmer for 2 minutes.

In a small skillet or saucepan heat 1 tablespoon butter over medium heat. Saute onion until browned; stir into milk.

In a small skillet or saucepan combine 3 tablespoons melted butter with flour. Cook over medium-low heat until thickened; stir into milk.

To the milk mixture add the Cheddar cheese, mixing well to melt. Stir in spinach. Pour mixture into a 9x13 inch casserole dish and sprinkle with Monterey Jack cheese.

Bake in preheated oven for 10 minutes, or until heated through.

# Spinach Alfredo Casserole

## Ingredients

1/3 cup butter  
1 (3 ounce) package cream cheese, softened  
1/3 cup grated Parmesan cheese  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon white pepper (optional)  
1 (10.75 ounce) can condensed cream of celery soup  
1/2 cup heavy cream  
3 (10 ounce) packages frozen chopped spinach, thawed and drained  
1 (6 ounce) can French-fried onions  
2 tablespoons dry bread crumbs  
1/4 cup grated Parmesan cheese

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9-inch square pan.

Heat butter, cream cheese, 1/3 cup Parmesan cheese, garlic powder, onion powder, and white pepper in a large saucepan over medium heat. Continue stirring until smooth. Stir in the celery soup, cream, and spinach. Pour spinach mixture into the prepared pan. Top with the French fried onions, bread crumbs, and remaining 1/4 cup of Parmesan cheese.

Bake in the preheated oven until bubbly and heated through, about 30 minutes.

# Slow Cooker Creamed Spinach

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach , thawed,  
drained and squeezed dry  
2 cups cottage cheese  
1/2 cup butter, cubed  
3 eggs, beaten  
1 1/2 cups cubed process  
American cheese  
1/4 cup all-purpose flour  
1 teaspoon salt

## Directions

Grease a 4 1/2 quart slow cooker. In a large bowl, mix together the spinach, cottage cheese, butter, American cheese, eggs, flour and salt until everything is evenly distributed. Transfer to the greased slow cooker.

Cook on high for one hour, then reduce heat to low, and continue to cook for 4 to 5 hours.

# Restaurant-Style Spinach Casserole

## Ingredients

1 (10.75 ounce) can condensed  
cream of celery soup  
1 tablespoon all-purpose flour  
4 tablespoons butter  
1/2 teaspoon garlic salt  
salt and pepper to taste  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
1 onion, finely diced

## Directions

In a saucepan, whisk together soup, flour, butter, garlic salt, salt and pepper. Add spinach and onion, cook over medium heat until thick and hot.

# Spinach Pumpkin Swirl Quiche

## Ingredients

1 large sweet potato, peeled and diced  
1 butternut squash, peeled and chopped  
2 carrots, chopped  
2 eggs, beaten  
2 tablespoons butter, melted  
2 tablespoons olive oil  
1/2 teaspoon salt  
3 tablespoons brown sugar  
1/2 teaspoon curry powder  
1/4 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1 pinch ground nutmeg  
1 (16 ounce) package frozen chopped spinach, thawed and drained  
2 eggs  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup half-and-half cream  
2 tablespoons bread crumbs

## Directions

In a large saucepan, combine sweet potato, squash, and carrots. Pour in enough water to cover vegetables. Cook over low heat until very tender, about 40 minutes. Drain and mash. Allow to cool.

Preheat oven to 350 degrees F (175 degrees C). Grease a 12 inch pie pan.

To mashed squash mixture, add 2 eggs, butter or margarine, olive oil, 1/2 teaspoon salt, brown sugar, curry powder, cumin, cinnamon, and nutmeg. Puree mixture in blender or food processor.

In food processor or blender, combine spinach, 2 eggs, 1/2 teaspoon salt, pepper, and half and half. Puree until smooth. Stir in 2 tablespoons bread crumbs. If mixture is still liquidy, add more bread crumbs. Pour spinach mixture into pie pan, flattening with a spoon.

Gently pour squash mixture on top of spinach layer. Flatten partially with a spoon, but leave a few waves. Do not spread squash mixture all the way to edges of pan; allow spinach mixture to 'peek' through edges. Using a spoon, gently stir the two mixtures to create a marbled effect. Do not overmix.

Bake in preheated oven for 30 minutes, until set in center.

# Mushroom Spinach Omelet

## Ingredients

- 1 egg
- 3 egg whites
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon shredded Cheddar cheese
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1/2 cup sliced fresh mushrooms
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion
- 1/2 teaspoon olive oil
- 1 cup torn fresh spinach

## Directions

In a small bowl, beat the egg and egg whites. Add cheeses, salt, pepper flakes, garlic powder and pepper; mix well. Set aside.

In an 8-in. nonstick skillet, saute the mushrooms, green pepper and onion in oil for 4-5 minutes or until tender. Add spinach; cook and stir until spinach is wilted. Add egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. Cut into wedges. Serve immediately.

# Spinach Salad I

## Ingredients

1/4 cup diced red onion  
2/3 cup white sugar  
1 teaspoon ground black pepper  
1/2 teaspoon celery salt  
1 tablespoon mustard powder  
1 cup vegetable oil  
1/3 cup white wine vinegar  
4 eggs  
10 ounces fresh spinach -  
chopped, washed and dried  
1 head iceberg lettuce - rinsed,  
dried, and chopped  
1/2 pound bacon - cooked and  
crumbled  
1 1/2 cups crushed croutons  
1 red onion, sliced in rings

## Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a small saucepan, combine the diced onion, sugar, black pepper, celery salt, mustard, vegetable oil, and vinegar. Whisk over high heat until all ingredients are well mixed and onions are translucent. Remove from heat and refrigerate until cool.

In a large bowl, combine the eggs, spinach, iceberg, bacon, croutons and onion rings. Toss together.

Pour dressing over salad and toss to coat evenly.

# Pumpkin, Butter Bean, and Spinach Curry

## Ingredients

1/4 cup vegetable oil  
1 large onion, sliced  
3 tablespoons curry paste  
1 (14 ounce) can coconut milk  
2/3 cup water  
1 pound pumpkin, cut into 1 inch squares  
1 (15 ounce) can small butter beans (lima beans)  
salt and pepper to taste  
1 (9 ounce) package frozen spinach, thawed and drained  
3 tablespoons chopped fresh cilantro

## Directions

Heat the oil in a large saucepan over medium heat, and stir in the onion. Cook and stir until the onion is soft and beginning to brown, about 8 minutes. Stir in the curry paste, cook for 2 minutes longer, then add the coconut milk water, and pumpkin. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the pumpkin is nearly tender, about 10 minutes.

Stir in the butter beans, and continue simmering until the pumpkin is tender, about 5 minutes. Season to taste with salt and pepper, then stir in the spinach and cilantro. Simmer a few more minutes to reheat, and serve.



# Pumpernickel Spinach Dip II

## Ingredients

1 (.4 ounce) packet dry vegetable soup mix  
1 (16 ounce) container sour cream  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
1 (1 pound) loaf round pumpernickel

## Directions

In a medium bowl, blend dry vegetable soup mix, sour cream and spinach.

Remove top and insides of the pumpernickel loaf, creating a bread bowl. Reserve removed bread.

Spoon the dry vegetable soup mix, sour cream and spinach mixture into the pumpernickel bread bowl. Serve with removed bread pieces for dipping.

# Tomato Spinach Salad

## Ingredients

1/2 cup mayonnaise or salad dressing  
1/2 cup grated Parmesan cheese  
1/4 cup milk  
1 1/2 teaspoons dill weed  
1 1/2 teaspoons dried minced onion  
1 1/2 teaspoons lemon-pepper seasoning  
1 (10 ounce) package fresh spinach, torn  
2 cups cherry tomatoes

## Directions

In a small bowl or a jar with tight-fitting lid, combine first six ingredients; mix or shake well. Chill for at least 1 hour. Just before serving, combine spinach and tomatoes in a large salad bowl. Whisk or shake dressing; pour over salad and toss.

# Turkey, Spinach and Colby-Jack Panini

## Ingredients

4 teaspoons unsalted butter  
4 slices low sodium bread  
4 slices SARGENTO® Sliced  
Reduced Sodium Colby-Jack  
Cheese  
2 ounces sliced low sodium deli  
turkey breast  
4 teaspoons mayonnaise  
1/2 cup packed baby spinach  
leaves

## Directions

Spread butter over bread. Turn two slices butter side down on a sheet of waxed paper. Place one slice of cheese over bread; top with turkey, mayonnaise, spinach and cheese. Close sandwich with remaining bread butter side up.

Cook in a preheated panini maker or waffle iron 3 minutes or until golden brown and cheese is melted.\*

# Spinach Rice

## Ingredients

1/3 cup uncooked long grain white rice  
2/3 cup water  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
1/4 cup milk  
2 fresh jalapeno peppers, seeded and chopped  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 tablespoons butter  
1/2 cup chopped onion  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
4 ounces processed cheese food, cubed

## Directions

In a pot, bring the rice and water to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a bowl, mix the soup, milk, jalapeno peppers, salt, and pepper.

Melt the butter in a large skillet over medium-low heat, and cook the onion until tender. Mix in the cooked rice and spinach. Pour the soup mixture into the skillet, and continue cooking until heated through. Mix in the cubed processed cheese, and transfer to the prepared baking dish.

Bake 25 minutes in the preheated oven, until bubbly and lightly browned.

# Fire-Roasted Tomato and Spinach Pasta

## Ingredients

6 ounces linguine pasta  
1 tablespoon olive oil  
3 cloves garlic, minced  
1 (14.5 ounce) can fire-roasted  
diced tomatoes, with juice  
1 (9 ounce) box frozen creamed  
spinach, thawed  
salt and pepper to taste

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Meanwhile, heat the olive oil in a large saucepan over medium heat. Stir in the garlic, and cook until softened, about 3 minutes. Stir in the fire-roasted tomatoes and bring to a simmer. Cook 1 minute before adding the creamed spinach. Cook and stir 5 minutes; season to taste with salt and pepper. Stir the drained linguine into the tomato sauce before serving.

# Italian Spinach Salad

## Ingredients

1 (6 ounce) package fresh baby spinach  
1 green onion, thinly sliced  
1 hard-cooked egg, chopped  
3 bacon strips, cooked and crumbled  
3 tablespoons Italian salad dressing  
2 tablespoons shredded Parmesan cheese

## Directions

In a large salad bowl, toss spinach, onion, egg and bacon. In a microwave-safe bowl, heat salad dressing on high for 30-45 seconds or until warm. Pour over the salad and toss to coat. Sprinkle with Parmesan cheese. Serve immediately.

# Spinach and Garbanzo Skillet

## Ingredients

- 1 garlic clove, minced
- 1 tablespoon minced fresh basil
- 1/8 teaspoon pepper
- 1 tablespoon olive oil
- 1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
- 1 medium yellow summer squash, halved lengthwise, cut into 1/4-inch slices
- 1/2 teaspoon cornstarch
- 2 tablespoons water
- 1 tablespoon rice wine vinegar
- 1 teaspoon honey
- 3 cups chopped fresh baby spinach
- 2 plum tomatoes, chopped
- 1/4 cup sliced almonds, toasted

## Directions

In a large nonstick skillet or wok, saute the garlic, basil and pepper in hot oil for 30 seconds. Stir in beans and squash until evenly coated with spices. Cover and cook for 4 minutes, stirring three times.

In a small bowl, combine the cornstarch, water, vinegar and honey until smooth. Stir into bean mixture. Cook and stir for 1-2 minutes or until slightly thickened. Stir in spinach and tomatoes; heat through. Sprinkle with almonds. Serve immediately.

# Tossed Spinach Salad

## Ingredients

1 (10 ounce) package fresh spinach, torn  
1 pound fresh mushrooms, sliced  
1/2 pound sliced bacon, cooked and crumbled  
3 celery ribs, sliced  
1 cup shredded Cheddar cheese  
3 hard-cooked eggs, chopped  
3 green onions, sliced  
1 cup ketchup  
3/4 cup white vinegar  
3/4 cup vegetable oil  
1/2 cup sugar  
1 teaspoon salt  
1 teaspoon Worcestershire sauce

## Directions

In a large salad bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the remaining ingredients; shake until sugar is dissolved. Drizzle over salad; toss to coat. Serve immediately.



# Spinach Salad Supreme

## Ingredients

1/4 cup vegetable oil  
2 tablespoons red wine vinegar or  
cider vinegar  
1 teaspoon sugar  
1 teaspoon finely chopped onion  
1 teaspoon finely chopped green  
pepper  
1 teaspoon minced fresh parsley  
1 teaspoon ketchup  
1/4 teaspoon salt  
1/4 teaspoon ground mustard  
1/4 teaspoon paprika  
2 cups torn fresh spinach  
1 hard-cooked egg, sliced  
3 bacon strips, cooked and  
crumbled

## Directions

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

# Creamed Spinach

## Ingredients

1 pound fresh spinach  
1/2 cup water  
1 teaspoon salt  
1 teaspoon butter or margarine  
1 teaspoon all-purpose flour

## Directions

Wash spinach well and remove any hard stems. In a large pot, bring water to a boil and add spinach (it will cook down very rapidly). Remove spinach from the stovetop, let cool slightly then drain reserving the water.

Using an electric food processor, puree the spinach.

Make roux with the butter, flour and reserved water. Add the roux to the spinach, stir and serve.

# Crustless Spinach Quiche

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
5 eggs, beaten  
3 cups shredded Muenster  
cheese  
1/4 teaspoon salt  
1/8 teaspoon ground black  
pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.

In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.

Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving.

# Oyster and Spinach Chowder

## Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 large green onions, sliced
- 1 cup sliced fresh mushrooms
- 1 bunch fresh baby spinach leaves, rinsed and drained
- 5 cups milk, divided
- 1/2 cup all-purpose flour
- 2 cups chicken broth
- 3 (8 ounce) cans whole oysters
- 1 cup shredded Cheddar cheese

## Directions

Heat olive oil in a large saucepan over medium-high heat. Sauté the chopped onion, green onion, and mushrooms until tender. Stir in the spinach a handful at a time and cook to wilt.

Whisk together 2 cups of milk with the flour in a small bowl. Pour into saucepan, and add remaining milk and chicken broth. Cook over medium heat until thickened. Stir in undrained oysters and cheese. Cook, stirring often, until cheese has melted.

# Warm Brussels Sprout, Bacon and Spinach Salad

## Ingredients

8 slices bacon  
2 cups Brussels sprouts, trimmed  
and thinly sliced  
1 1/2 teaspoons caraway seed  
3 tablespoons vegetable oil  
3 tablespoons white wine vinegar  
1/4 teaspoon white sugar  
1/2 pound spinach - chopped,  
washed and dried

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside. In a medium sauce pan, steam Brussels sprouts until tender.

Heat the remaining fat in the skillet over medium high heat and add the Brussels sprouts and caraway seeds. Stir for 1 to 2 minutes, or until the sprouts are tender.

Remove the skillet from heat, stir in the oil, vinegar, and sugar. Stir, and add the spinach. Saute the mixture over moderately high heat for 1 minute or until the spinach is wilted. Season salad with pepper and sprinkle with bacon. Serve warm.

# Apple, Pecan, Cranberry, and Avocado Spinach

## Ingredients

1 cup baby spinach leaves  
1 tablespoon dried cranberries  
1 tablespoon chopped salted pecans  
1/2 apple, cored and diced  
1 tablespoon diced red onion  
2 tablespoons grated carrot  
1/4 avocado, peeled and diced  
1 tablespoon balsamic vinaigrette  
salad dressing, or to taste

## Directions

Place spinach, cranberries, pecans, apple, onion, carrot, and avocado into a bowl. Drizzle with balsamic vinaigrette, and toss to coat.

# Italian Vegetable Soup with Beans, Spinach &

## Ingredients

1 1/2 tablespoons olive oil  
1 large onion, cut into small dice  
3 medium carrots, peeled and sliced 1/4-inch thick  
3 medium celery stalks, sliced 1/4-inch thick  
1 medium bell pepper (red or yellow), stemmed, seeded and cut into medium dice  
1 pound all-purpose potatoes, unpeeled and cut into medium dice  
1 (16 ounce) can petite diced tomatoes  
2 (15.5 ounce) cans cannellini or other white beans, undrained  
6 cups low-sodium chicken broth in can or carton  
7 ounces loosely packed baby spinach  
1 cup frozen green peas  
Salt and ground black pepper  
Prepared pesto (found in grocer's refrigerated section)

## Directions

Heat oil in a soup kettle over medium-high flame. Add onions, and saute until tender, about 5 minutes. Add carrots, celery, peppers, potatoes, tomatoes, bean and chicken broth; bring to a boil. Reduce heat to low and simmer until vegetables are just tender, about 15 minutes. Add spinach and peas; continue to simmer until spinach wilts, 3 to 4 minutes longer. Season to taste with salt and pepper. Ladle into bowls, adding a spoonful of pesto to each serving of soup.

For lunch, pack soup in separate leakproof containers. Warm soup in microwave and top with pesto.

# Spinach and Feta Turkey Burgers

## Ingredients

2 eggs, beaten  
2 cloves garlic, minced  
4 ounces feta cheese  
1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry  
2 pounds ground turkey

## Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

While the grill is preheating, mix together eggs, garlic, feta cheese, spinach, and turkey in a large bowl until well combined; form into 8 patties.

Cook on preheated grill until no longer pink in the center, 15 to 20 minutes.



# Hot Cheesy Spinach Dip

## Ingredients

3 tablespoons butter  
2 cloves garlic, peeled and  
chopped  
1 bunch baby spinach, rinsed  
1/2 cup white wine  
salt and pepper to taste  
hot sauce to taste  
1/2 cup chopped green onion  
3 cups shredded mozzarella  
cheese  
1/2 cup mayonnaise  
1/2 cup half-and-half

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt the butter in a medium saucepan over medium heat. Stir in the garlic, baby spinach and white wine. Cook and stir 2 to 3 minutes, until spinach is wilted. Mix in salt and pepper and hot sauce. Remove from heat and transfer to a medium bowl.

Mix green onion, mozzarella cheese, mayonnaise and half and half into the bowl with the spinach mixture. Transfer mixture to a medium baking dish.

Bake in the preheated oven 20 minutes, or until bubbly and lightly browned.

# Crepes with Spinach, Bacon and Mushroom Filling

## Ingredients

1 recipe Basic Crepes

6 slices bacon

1 tablespoon unsalted butter

1/2 pound fresh mushrooms,  
sliced

3 tablespoons unsalted butter

1/4 cup all-purpose flour

1 cup milk

1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained

1 tablespoon chopped fresh  
parsley

2 tablespoons grated Parmesan  
cheese

salt and pepper to taste

2/3 cup chicken broth

2 eggs

1/2 cup lemon juice

salt and pepper to taste

## Directions

Prepare Basic Crepes recipe according to recipe directions. Separate with wax paper and keep warm until ready to serve.

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. Reserve about 1 tablespoon drippings, add 1 tablespoon butter, and saute mushrooms.

In a separate saucepan, melt 3 tablespoons butter over medium heat. Whisk in 1/4 cup flour, stirring constantly, until a smooth paste is formed. Gradually stir in 1 cup milk, stirring constantly until a smooth thick gravy is formed. Add bacon, mushrooms, spinach, parsley, Parmesan cheese, salt and pepper. Let cook until somewhat thick, about 10 minutes.

In saucepan bring broth to a boil. In a small bowl, whisk together eggs and lemon juice. Temper eggs and broth together whisking constantly so as to cook, but not to scramble the eggs. (Cooking eggs to 170 degrees F). Again, salt and pepper to taste.

Fill each crepe with spinach and meat filling, roll up, and top with warm egg sauce.

# Spinach Turkey Roll

## Ingredients

1 cup meatless spaghetti sauce, divided  
2 eggs, lightly beaten  
1 cup soft whole wheat bread crumbs  
1/4 cup finely chopped onion  
2 garlic cloves, minced  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon ground mustard  
1 pound lean ground turkey  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/2 cup shredded part-skim mozzarella cheese

## Directions

In a bowl, combine 1/4 cup spaghetti sauce, eggs, bread crumbs, onion, garlic, basil, oregano and mustard. Crumble turkey over mixture and mix well.

On a sheet of waxed paper, pat turkey mixture into a 12-in. x 8-in. rectangle. Sprinkle with spinach and cheese. Roll up jelly-roll style, starting with a short side and peeling waxed paper away while rolling. Seal seam and ends. Place seam side down in a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray.

Bake, uncovered, at 350 degrees F for 50-60 minutes or until a meat thermometer reads 165 degrees F. Let stand for 5 minutes before slicing. Heat remaining spaghetti sauce; serve over turkey.

# Unbelievable Spinach Calzones

## Ingredients

1 (15 ounce) container ricotta cheese  
2 eggs  
2 tablespoons dried Italian seasoning  
3 cups shredded mozzarella cheese  
1 cup freshly grated Parmesan cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
salt and pepper to taste  
1 (32 ounce) package frozen white bread dough, thawed

## Directions

Preheat the oven to 400 degrees F (200 degrees C).

In a large bowl, mix together the ricotta cheese, eggs, Italian seasoning, mozzarella cheese, Parmesan cheese and spinach. Set aside.

Divide the bread dough into 8 pieces and roll each piece out to about an 8 inch circle. Spoon about 1/2 cup of the ricotta filling onto each circle, fold over and seal the edges. Place onto a greased cookie sheet.

Bake for 30 minutes in the preheated oven, or until nicely browned on the tops and bottoms.

# Creamy Baked Spinach

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach  
2 (3 ounce) packages cream  
cheese, softened  
4 tablespoons butter or margarine,  
divided  
1/4 teaspoon salt  
1/2 cup seasoned bread crumbs

## Directions

Cook spinach according to package directions; drain well. Stir in cream cheese, 2 tablespoons butter and salt. Transfer to a greased 1-qt. baking dish. Melt remaining butter; toss with bread crumbs. Sprinkle over spinach mixture. Bake, uncovered, at 350 degrees F for 20 minutes or until lightly browned.

# Spinach Corn Muffins

## Ingredients

1 cup cornmeal  
1 cup all-purpose flour  
1/4 cup packed brown sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 egg  
1 cup fat-free milk  
2 tablespoons canola oil  
1 cup chopped fresh spinach  
3/4 cup shredded reduced-fat Cheddar cheese  
2 jalapeno peppers, seeded and chopped\*

## Directions

In a large bowl, combine the cornmeal, flour, brown sugar, baking powder and salt. In another bowl, beat the egg, milk and oil; stir into dry ingredients just until moistened. Fold in the spinach, cheese and jalapenos.

Coat muffin cups with nonstick cooking spray; fill two-third full with batter. Bake at 400 degrees F for 18-22 minutes or until a toothpick comes out clean. Cool for 2 minutes before removing from pan to a wire rack.

# Pork Loin Stuffed with Spinach

## Ingredients

1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
3 tablespoons margarine  
1/2 cup diced onion  
1 clove garlic  
1/3 cup dry bread crumbs  
3 pounds pork tenderloin  
2 tablespoons ketchup  
1/4 cup orange juice  
2 tablespoons teriyaki sauce  
1/2 teaspoon ground cumin

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute spinach, butter, onions and garlic over medium heat until soft. Add bread crumbs. Cut tenderloin in half lengthwise. Stuff with spinach mixture and secure with kitchen twine.

In a bowl, mix ketchup, orange juice and teriyaki sauce. Baste tenderloin with 1/2 of the mixture. Sprinkle pork with cumin. Place in shallow roaster and bake at 350 degrees uncovered for one hour. Baste with reserved marinade and cook one more hour covered. Use meat thermometer to check for doneness. Thermometer should read 160 to 170 degrees F (71 to 77 degrees C).

# Mushroom and Spinach Mini Pizzas

## Ingredients

4 Arnold® 100% Whole Wheat Sandwich Thins® rolls  
1 tablespoon oil from sun-dried tomatoes  
8 ounces fresh mushrooms, chopped (use any kind you like)  
4 sun-dried tomatoes packed in olive oil  
2 teaspoons oil from sun-dried tomatoes  
1 cup fat-free ricotta cheese  
1 cup fresh baby spinach leaves, washed and dried  
Kosher salt, to taste  
Freshly ground black pepper, to taste

## Directions

Preheat oven to 350 degrees F. Toast Sandwich Thins® halves just to light golden. In a skillet, heat 1 tablespoon of the oil from the marinated sundried tomatoes over medium heat. Add mushrooms and cook until soft and moisture is released, about 5 to 7 minutes, and season with salt and pepper to taste.

Meanwhile, pulse 5 sundried tomatoes with 2 teaspoons of their oil in food processor until smooth and add ricotta. Pulse to incorporate and season to taste with salt and pepper.

Spread approximately 2 tablespoons of the sundried tomato and ricotta mixture on top of each toasted Sandwich Thins® half. Top each pizza with a few baby spinach leaves and divide mushrooms between each pizza. Place pizzas on a baking sheet and bake for 3 to 5 minutes to heat and infuse all the flavors.



# Bean Sprout Spinach Salad

## Ingredients

1 cup olive oil  
1/4 cup sugar  
1/4 cup cider vinegar  
2 tablespoons finely chopped onion  
1 egg  
2 tablespoons Worcestershire sauce  
1 (10 ounce) package fresh spinach, torn  
1 cup canned bean sprouts  
4 bacon strips, cooked and crumbled  
4 green onions  
2 hard-cooked eggs, sliced  
2 tablespoons sunflower kernels

## Directions

In a small saucepan, whisk together the first six ingredients. Cook and stir over low heat until the mixture reaches 160 degrees F. Remove from the heat; cool.

In a serving bowl, toss the spinach, bean sprouts, bacon and green onions. Drizzle with 1/2 cup salad dressing; toss to coat. Garnish with egg slices and sunflower kernels. Serve immediately. Refrigerate remaining dressing.

# Springtime Spinach Salad

## Ingredients

2 eggs  
4 slices bacon  
5 cups fresh spinach, rinsed and torn into bite-size pieces  
1/2 cup sliced fresh mushrooms  
1 cup sliced fresh strawberries  
1/2 cup thinly sliced onion  
1 kiwi, sliced  
1/2 mandarin orange, peeled and segmented

1/4 cup ketchup  
1/4 cup water  
1/4 cup olive oil  
1/4 cup brown sugar  
2 tablespoons cider vinegar  
1/2 teaspoon spicy brown mustard  
1 dash garlic powder  
salt and pepper to taste  
1 cup seasoned croutons

## Directions

Place the eggs in a saucepan with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 12 to 15 minutes. Remove from hot water and cool. Peel, chop, and set aside.

Cook the bacon in a skillet over medium high heat until crisp and evenly brown. Drain, crumble and set aside.

In a large bowl, toss together the eggs, bacon, spinach, mushrooms, strawberries, onion, kiwi, and orange.

In a separate bowl, mix the ketchup, water, olive oil, brown sugar, cider vinegar, and brown mustard. Season with garlic powder, salt, and pepper. Pour over the salad mixture, and top the salad with croutons.

# Spinach Watermelon-Mint Salad

## Ingredients

1 cup apple cider vinegar  
1/4 cup Worcestershire sauce  
1/2 cup vegetable oil  
1 tablespoon sesame seeds  
1 tablespoon poppy seeds  
1/4 cup white sugar

1 (10 ounce) bag baby spinach  
leaves  
2 cups cubed seeded watermelon  
1 small red onion, thinly sliced  
1 cup chopped pecans, toasted  
1 cup mint leaves, finely chopped

## Directions

In a small bowl, whisk together the apple cider vinegar, Worcestershire sauce, vegetable oil, sesame seeds, poppy seeds and sugar. Set aside.

In a large serving bowl, combine the spinach, watermelon, onion, pecans and mint. Toss with the dressing just before serving.

# Watermelon Spinach Salad

## Ingredients

### POPPY SEED VINAIGRETTE:

1/2 cup white wine vinegar or  
cider vinegar  
1/2 cup sugar  
1/2 teaspoon ground mustard  
1/4 teaspoon onion powder  
1/2 teaspoon salt  
1/2 cup vegetable oil  
1/4 cup chopped onion  
1 teaspoon poppy seeds

### SALAD:

1 (6 ounce) package fresh baby  
spinach, torn  
2 cups seeded, cubed watermelon  
1 cup halved green grapes  
1 cup fresh raspberries  
1/4 cup sliced almonds

## Directions

In a blender or food processor, combine the vinegar, sugar, mustard, onion powder and salt. Cover and process until sugar is dissolved. Continue processing while adding oil in a steady stream. Add onion and poppy seeds; process until combined.

In a salad bowl, combine the spinach, watermelon, grapes and raspberries; sprinkle with almonds. Serve with vinaigrette.

# Chive-Mushroom Spinach Salad

## Ingredients

8 cups fresh baby spinach  
2 cups sliced fresh mushrooms  
1 tablespoon chopped onion  
1 garlic clove, minced  
2 tablespoons olive oil  
3 tablespoons minced chives  
2 tablespoons lemon juice  
2 tablespoons balsamic vinegar  
1 teaspoon sugar  
1 1/2 cups seasoned croutons  
1/4 cup shredded Parmesan  
cheese

## Directions

Place spinach in a large salad bowl; set aside. In a large skillet, saute the mushrooms, onion and garlic in oil for 2-4 minutes. In a small bowl, combine the chives, lemon juice, vinegar and sugar. Pour into the skillet. Cook and stir 1 minute longer or until mushrooms are tender. Add to spinach with croutons and Parmesan cheese; toss to coat. Serve immediately.

# Spinach Cheese Pasta

## Ingredients

1 (16 ounce) package extra wide egg noodles  
1/3 cup extra virgin olive oil  
2 cloves garlic, pressed  
1 1/2 (10 ounce) packages frozen chopped spinach  
1 (8 ounce) container cottage cheese  
1 (3 ounce) package finely grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente. Drain, and return to the pot.

Heat the olive oil in a skillet, and cook the garlic and spinach 3 to 5 minutes, until well coated. Transfer to the pot with the drained pasta. Toss in the cottage cheese. Top with Parmesan cheese to serve.

# Spinach Kugel

## Ingredients

1 (16 ounce) package egg noodles  
6 eggs, beaten  
8 ounces butter, melted  
1 (16 ounce) container sour cream  
2 (1 ounce) envelopes dry onion soup mix  
1 teaspoon black pepper  
4 (10 ounce) boxes frozen chopped spinach, thawed and drained

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Fill a large pot with lightly salted water; bring to a rolling boil over high heat. Stir in the egg noodles, and return to a boil. Cook the pasta until cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.

Combine the eggs, melted butter, sour cream, soup mix, and pepper in a large bowl. Stir in the cooked noodles, and drained spinach. Spoon into prepared baking dish.

Bake in preheated oven until hot and golden brown, about 60 minutes. Cover dish with aluminum foil if kugel begins to brown too quickly.

# Tomato Spinach and Basil Soup

## Ingredients

2 tablespoons butter  
1 large yellow onion, chopped  
1 teaspoon minced garlic  
1 1/2 cups milk  
1 (28 ounce) can tomato puree  
1 tablespoon white sugar  
2 cups fresh spinach, torn  
1/4 cup chopped fresh basil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 tablespoon grated Parmesan cheese

## Directions

Melt butter in a large saucepan over medium heat. Saute onion and garlic for 3 minutes. Stir in milk and cook for 2 minutes, stirring occasionally. Stir in tomato puree and sugar. Mix well, cover and bring to a boil over high heat. Reduce heat to low and simmer, covered, for 5 minutes. Add spinach, basil, salt and pepper and simmer, uncovered, for 2 minutes, stirring occasionally. Sprinkle with parmesan cheese, if desired.



# White Bean Soup with Quinoa, Spinach, and

## Ingredients

1 pound dry cannellini beans  
1 tablespoon canola oil  
8 shiitake mushrooms, stemmed and sliced  
1 tablespoon canola oil  
1 large onion, sliced into thin rings  
1/2 cup dry white wine (optional)  
2 teaspoons dried rosemary  
1/2 cup quinoa  
1 (10 ounce) bag washed fresh spinach, chopped  
salt and pepper to taste

## Directions

Place the cannellini beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse the beans before using.

Heat 1 tablespoon of the canola oil in a large pot over medium heat. Stir in the mushrooms, and cook until they soften and begin to give up their juices, about 4 minutes. Remove the mushrooms from the pot, and set aside. Heat the remaining tablespoon of canola oil in the pot, and stir in the sliced onions. Cook and stir until the onions have caramelized to a dark brown, about 15 minutes.

Pour in the wine and rosemary, and bring to a boil over high heat. Once boiling, add the drained beans, and enough water to cover the beans by 1 inch. Return to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Stir in the cooked mushrooms and quinoa; continue cooking until the beans and the quinoa are tender, about 20 minutes more. Remove from the heat, and stir in the spinach leaves until wilted. Season to taste with salt and pepper before serving.

# Savory Spinach Pie

## Ingredients

1/4 cup chopped onion  
2 tablespoons butter or margarine  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
well drained  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
1 cup cottage cheese  
1/2 cup light cream  
1/4 cup grated Parmesan cheese  
3 eggs, lightly beaten  
1 (9 inch) unbaked pastry shell

## Directions

In a skillet, saute onion in butter. Remove from the heat; stir in spinach, salt and nutmeg. In a bowl, combine cottage cheese, cream, Parmesan cheese and eggs; mix well. Stir in spinach mixture. Pour into pie shell. Bake at 350 degrees F for 45-50 minutes, or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.

# Strawberry Spinach Salad III

## Ingredients

10 ounces fresh spinach -  
chopped, washed and dried  
1/2 teaspoon dried dill weed  
1 pint fresh strawberries, sliced  
1/3 cup canola oil  
1/4 cup red wine vinegar  
1/4 cup white sugar  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1 teaspoon salt  
1/4 teaspoon ground black  
pepper  
1/4 teaspoon dry hot mustard  
1 pinch ground cayenne pepper  
1 tablespoon sesame seeds,  
toasted

## Directions

In a large bowl, combine the spinach, dill and strawberries.  
Refrigerate until chilled.

In a large glass jar with tight fitting lid, combine the oil, vinegar, sugar, garlic powder, onion powder, salt, black pepper, dry mustard and cayenne pepper. Shake well until sugar is dissolved.

Pour dressing over chilled fruit and greens; toss to coat and sprinkle with sesame seeds.

# Creamed Spinach I

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1/2 cup evaporated milk  
1/2 teaspoon garlic powder  
1/4 teaspoon dried minced onion  
1/4 cup minced onion

## Directions

In a blender or food processor, blend spinach and milk until smooth. Add garlic powder, dried onion and fresh onion and mix well. Pour into medium saucepan and cook over medium heat until thickened, about 3 minutes. Reduce heat to low and simmer for 10 minutes.

# Spinach and Artichoke Au Gratin

## Ingredients

2 (6.5 ounce) jars marinated artichoke hearts, drained  
3 (3 ounce) packages cream cheese  
4 tablespoons butter, softened  
6 tablespoons milk  
3 (10 ounce) packages frozen chopped spinach - thawed, drained and squeezed dry  
1/3 cup grated Parmesan cheese  
salt and ground black pepper to taste

## Directions

Place artichokes in the bottom of a 1 1/2 quart baking dish.

In a mixing bowl, beat together the cream cheese and butter until smooth. Blend in milk and stir in spinach. Mix together until smooth.

Pour into baking dish and sprinkle top with cheese, salt and seasoned pepper; refrigerate for 24 hours.

Preheat oven to 350 degrees F (175 degree C), bake for 30 minutes or until heated through. Place under broiler to brown the cheese topping.

# Scallops and Spinach over Pasta

## Ingredients

12 ounces spaghetti  
3 pounds bay scallops, raw  
1 (10 ounce) package frozen  
chopped spinach, thawed  
1 tablespoon fresh lemon juice  
1 tablespoon olive oil  
1/4 cup water  
garlic powder to taste  
salt and pepper to taste  
1/4 cup grated Parmesan cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a medium skillet, saute spinach in olive oil until heated through. Add lemon juice, garlic powder and water.

Add scallops and cook for 3 minutes or until done. Be careful not to overcook. Season with salt and pepper to taste.

Place strained spaghetti in dish and place the scallops and sauce on top. Serve with grated Parmesan cheese.

# Mushroom Spinach Salad

## Ingredients

1 (6 ounce) package fresh baby spinach  
4 ounces fresh mushrooms, sliced  
1 (8 ounce) can sliced water chestnuts, drained  
2 hard-cooked eggs, coarsely chopped  
1/4 cup thinly sliced green onions  
2 bacon strips, cooked and crumbled  
DRESSING:  
1/3 cup olive oil  
3 tablespoons barbecue sauce  
2 tablespoons sugar  
2 tablespoons cider vinegar  
1 tablespoon Worcestershire sauce  
1/8 teaspoon garlic powder  
1/8 teaspoon onion salt  
1/8 teaspoon pepper

## Directions

In a large salad bowl, toss the spinach, mushrooms, water chestnuts, eggs, onions and bacon. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over the salad; toss to coat. Serve immediately.

# Hamburger Spinach Quiche

## Ingredients

1 (9 inch) unbaked deep dish pie crust  
1 pound ground beef  
1/2 cup diced onion  
2 large eggs  
3/4 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon ground nutmeg  
1 cup heavy cream  
2 (10 ounce) boxes frozen chopped spinach, thawed and drained  
1 cup shredded Cheddar cheese

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Chill the pie crust at least 20 minutes before baking to prevent shrinkage.

Prick the pie crust with a fork and line with a double layer of aluminum foil and a layer of pie weights or dried beans. Bake in the preheated oven until edge of crust is golden, about 10 minutes. Carefully remove the foil and weights and bake until the crust has set, about 5 minutes more.

Cook and stir the ground beef and onion in a large skillet over medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Beat the eggs in a mixing bowl with the salt, pepper, and nutmeg until smooth. Whisk in the heavy cream, followed by the spinach and the beef mixture. Pour into the prepared pie crust and sprinkle with Cheddar cheese.

Bake in the preheated oven until a knife inserted into the center comes out clean, 35 to 45 minutes. Let stand 5 to 10 minutes before slicing.



# Tofu Creamed Spinach

## Ingredients

1 tablespoon butter  
1 tablespoon olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
2 pounds fresh spinach, washed and chopped  
1 (12 ounce) package firm tofu  
1/2 cup milk or soy milk  
1 cup Parmesan or Asiago cheese  
garlic powder to taste  
salt and pepper to taste

## Directions

Heat butter and olive oil in a large skillet over medium heat. Stir in onion and garlic; cook until soft and translucent, but not brown. Add spinach; cook, stirring frequently, until wilted.

Place tofu, milk, cheese, garlic powder, salt, and pepper in a blender, and puree until smooth.

Stir pureed tofu into spinach. Cook until warmed through. Adjust seasonings, if desired, and serve.

# Fresh Fruit Salad with Baby Spinach and Yogurt-

## Ingredients

1 tablespoon apple cider vinegar  
1/2 teaspoon dry mustard  
1/2 teaspoon honey  
1/8 teaspoon salt  
3 tablespoons plain or vanilla yogurt  
1 1/2 tablespoons vegetable oil  
1/2 teaspoon poppy seeds  
1 teaspoon water, or more if needed, to thin  
3 cups DOLE® Baby Spinach  
1 DOLE® Banana, sliced  
1 cup peeled sliced fresh DOLE® Tropical Gold® Pineapple  
1/2 cup DOLE® Raspberries

## Directions

Place vinegar, mustard, honey and salt in small bowl. Whisk in yogurt and oil; stir in poppy seed. Thin with water as needed.

Arrange spinach on platter or individual plates. Compose fruit on top of salad. Drizzle with dressing.

# Spinach Dip I

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (8 ounce) container sour cream  
1 cup mayonnaise  
1 (.4 ounce) packet dry vegetable  
soup mix

## Directions

In a medium mixing bowl combine spinach, sour cream, mayonnaise and vegetable soup mix. Mix well. Refrigerate it for 4 hours. Stir before serving.

# Elegant Orzo with Wilted Spinach and Pine Nuts

## Ingredients

1 (16 ounce) package uncooked orzo  
1/2 cup olive oil  
2 tablespoons butter  
1/2 teaspoon minced garlic  
1/2 teaspoon dried basil  
1/2 teaspoon crushed red pepper flakes  
1 cup pine nuts  
1 (10 ounce) bag baby spinach  
1/8 cup balsamic vinegar  
1 (8 ounce) package crumbled feta cheese  
1/2 fresh tomato, chopped  
salt to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes. (Firm or slightly undercooked orzo works best for this dish.) Drain, transfer to a mixing bowl, and set aside.

Heat olive oil and butter in a large skillet over medium high heat, stirring to blend. Stir in garlic, basil, and red pepper flakes, and reduce heat to medium. Stir in pine nuts and cook until lightly browned. Add spinach, cover, and cook on low heat for 5 minutes, or until spinach is wilted.

Toss spinach mixture with orzo pasta. Portion onto serving plates with a drizzle of balsamic vinegar and a sprinkling of crumbled feta cheese and chopped tomatoes. Allow guests to adjust seasoning with salt, as needed. Enjoy!

# Artichoke & Spinach Dip Restaurant Style

## Ingredients

4 cloves garlic  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (14 ounce) can artichoke hearts,  
drained and chopped  
1 (10 ounce) container Alfredo-  
style pasta sauce  
1 cup shredded mozzarella  
cheese  
1/3 cup grated Parmesan cheese  
1/2 (8 ounce) package cream  
cheese, softened

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place garlic in a small baking dish. Bake in the preheated oven 20 to 30 minutes, until soft. Remove from heat. When cool enough to touch, squeeze softened garlic from skins.

In an 8x8 inch baking dish, spread the roasted garlic, spinach, artichoke hearts, Alfredo-style pasta sauce, mozzarella cheese, Parmesan cheese and cream cheese.

Cover and bake in the preheated oven 30 minutes, or until cheeses are melted and bubbly. Serve warm.

# Suki's Spinach and Feta Pasta

## Ingredients

1 (8 ounce) package penne pasta  
2 tablespoons olive oil  
1/2 cup chopped onion  
1 clove garlic, minced  
3 cups chopped tomatoes  
1 cup sliced fresh mushrooms  
2 cups spinach leaves, packed  
salt and pepper to taste  
1 pinch red pepper flakes  
8 ounces feta cheese, crumbled

## Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until al dente; drain.

Meanwhile, heat olive oil in a large skillet over medium-high heat; add onion and garlic, and cook until golden brown. Mix in tomatoes, mushrooms, and spinach. Season with salt, pepper, and red pepper flakes. Cook 2 minutes more, until tomatoes are heated through and spinach is wilted. Reduce heat to medium, stir in pasta and feta cheese, and cook until heated through.

# Spinach Herb Twists

## Ingredients

5 cups packed torn fresh spinach  
2 green onions, sliced  
1 garlic clove, minced  
5 tablespoons butter, divided  
1/4 cup grated Parmesan cheese  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
1 (16 ounce) package hot roll mix  
1 cup warm water (120 to 130 degrees F)  
1 egg

## Directions

Place spinach in a steamer basket; place in a saucepan over 1 in. of water. Bring to a boil; cover and steam for 2-3 minutes or until limp. Drain well and set aside. In a small skillet, saute onions and garlic in 1 tablespoon butter until tender; transfer to a bowl. Stir in the Parmesan cheese, basil, oregano and spinach; set aside.

In a large bowl, stir the hot roll mix, warm water, egg and 2 tablespoons butter until dough pulls away from sides of bowl. Turn onto a lightly floured surface; knead until smooth and elastic, about 5 minutes. Cover and let rest for 5 minutes.

Divide dough in half. Roll each portion into a 12-in. x 10-in. rectangle. Melt the remaining butter; brush over dough. Spread spinach mixture over dough to within 1/4 in. of edges. Fold each rectangle in half lengthwise; pinch seams to seal. Cut each rectangle into twelve 1-in.-wide strips.

Twist strips and place on baking sheets coated with nonstick cooking spray. Cover and let rise in a warm place until doubled, about 25 minutes. Bake at 375 degrees F for 12-16 minutes or until golden brown. Serve warm. Refrigerate leftovers.

# Spinach Cheese Bake

## Ingredients

3 tablespoons butter or margarine  
3 tablespoons all-purpose flour  
1 1/2 cups milk  
2 cups shredded process  
American cheese  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 1/2 cups soft bread crumbs  
3 eggs, lightly beaten  
1/2 teaspoon garlic salt  
1/4 teaspoon dried oregano  
1/4 teaspoon pepper

## Directions

In a medium saucepan over low heat, melt butter; blend in flour until smooth. Cook and stir for 1-2 minutes. Gradually stir in cheese until melted. Add spinach, bread crumbs, eggs and seasonings; mix well. Spoon into an ungreased 1-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 45-50 minutes or until lightly browned.



# Spinach and Feta Pie

## Ingredients

1 (17.3 ounce) package  
Pepperidge Farm® Puff Pastry  
Sheets  
2 tablespoons olive oil  
2 large onions, finely chopped  
1 teaspoon minced garlic  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
well drained  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Chicken  
Soup (Regular or 98% Fat Free)  
2 eggs  
1 teaspoon dried dill weed,  
crushed  
1 (8 ounce) package feta cheese,  
crumbled

## Directions

Thaw the pastry at room temperature for 40 minutes. Heat the oven to 375 degrees F.

Heat the oil in a 10-inch skillet over medium heat. Add the onions and cook until they're tender. Add the garlic and cook for 1 minute. Add the spinach and cook until the liquid evaporates. Remove the skillet from heat and let it cool.

Beat the soup, eggs and dill weed in a medium bowl. Stir in the cheese and spinach mixture.

Unfold the pastry on a lightly floured surface. Roll into a 13 x 9-inch rectangle. Place it in a 13 x 9-inch baking pan. Top with the spinach mixture. Roll out the remaining pastry sheet and place it over the spinach mixture. Cut 4 slits in the top of the pastry.

Bake for 25 minutes or until it's golden brown.

# Mexican Spinach Dip

## Ingredients

8 ounces cream cheese, softened  
8 ounces sour cream  
1 (1 pound) loaf processed cheese  
(i.e. Velveeta®), cubed  
2 cups shredded Mexican cheese  
blend  
2 (10 ounce) cans diced tomatoes  
with green chile peppers  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (1.25 ounce) package taco  
seasoning mix  
2 tomatoes, chopped  
1/2 cup green onions, chopped

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a 2 quart or 9x13 inch casserole dish, combine the cream cheese, sour cream and processed cheese. Heat in the microwave until ingredients are soft enough to stir together, about 1 minute. Stir in the shredded cheese, diced tomatoes with chilies, spinach and taco seasoning mix. Spread evenly.

Bake uncovered in the preheated oven until hot and bubbly, about 30 minutes. Sprinkle tomatoes and green onions on top before serving. This can also be made ahead of time, refrigerated, and baked just before serving.

# Scallops with Spinach Noodles

## Ingredients

1 pound bay scallops  
1/4 cup milk  
3 tomatoes, peeled and diced  
1 bay leaf  
1/4 teaspoon salt  
Dash pepper  
8 ounces dry spinach noodles  
3/4 cup all-purpose flour  
2 garlic cloves, minced  
3 tablespoons butter or margarine  
2 tablespoons minced fresh parsley

## Directions

Place scallops and milk in a bowl; set aside. In a saucepan, simmer tomatoes for 3 minutes. Remove tomatoes with a slotted spoon and set aside. Bring tomato liquid to a boil; cook, uncovered, until liquid is reduced by half. Add bay leaf, salt, pepper and tomatoes; set aside. Cook noodles according to package directions.

Meanwhile, drain scallops; pat with paper towels until dry. Lightly coat scallops in flour. In a large skillet, cook scallops and garlic in butter until scallops are opaque, about 4 minutes. Discard bay leaf from tomato sauce; add to scallops. Drain noodles; toss with scallops. Sprinkle with parsley.

# Crustless Spinach Quiche

## Ingredients

3 ounces reduced fat cream cheese, softened  
1 cup fat-free milk  
1 cup egg substitute  
1/4 teaspoon pepper  
3 cups shredded reduced-fat Cheddar cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup frozen chopped broccoli, thawed and well drained  
1 small onion, finely chopped  
5 fresh mushrooms, sliced

## Directions

In a small mixing bowl, beat cream cheese. Add milk, egg substitute and pepper; beat until smooth. Stir in remaining ingredients. Transfer to a 10-in. quiche pan coated with nonstick cooking spray. Bake at 350 degrees F for 45-50 minutes or until a knife inserted near the center comes out clean.

# Hot Spinach and Artichoke Dip

## Ingredients

8 slices bacon  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (14 ounce) can quartered  
marinated artichoke hearts,  
drained  
1 (5 ounce) container garlic-herb  
flavored cheese spread  
1 cup grated Parmesan cheese  
1 (8 ounce) container sour cream  
1/2 cup mayonnaise

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and crumble into a medium bowl.

Mix spinach, artichoke hearts, garlic-herb flavored cheese spread, Parmesan cheese, sour cream and mayonnaise into the bowl with bacon.

Scoop mixture into a 7x11 inch baking dish. Bake in the preheated oven 20 minutes, or until bubbly and lightly browned.

# Spinach and Carrot Quiche

## Ingredients

1 tablespoon vegetable oil  
1 onion, diced  
2 cloves garlic, minced  
2 (10 ounce) packages frozen  
chopped spinach, thawed  
1/2 cup shredded carrots  
2 cups shredded Monterey Jack  
cheese  
6 eggs  
1/2 teaspoon crushed red pepper  
flakes  
1/8 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 (9 inch) pie crusts

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat, and cook the onion until tender. Mix in the garlic, spinach, and carrots, and cook until the spinach liquid has evaporated. Remove skillet from heat, and mix in cheese and eggs. Season with red pepper, nutmeg, salt, and pepper. Pour 1/2 the mixture into each pie shell.

Bake 30 minutes in the preheated oven, until a toothpick inserted in the center of a quiche comes out clean.

# Creamed Spinach with Onions and Bacon

## Ingredients

4 slices bacon (optional)  
4 tablespoons butter, divided  
1 medium onion, chopped  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry  
2 tablespoons all-purpose flour  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon ground black  
pepper  
1 cup milk

## Directions

Wrap bacon in a paper towel, and set on a plate. Cook the bacon in the microwave oven until crisp, about 1 minute per slice.

Melt 1 tablespoon of butter in a large skillet over medium heat. Add the onion; cook and stir until transparent. Add the spinach and cook, stirring frequently, until most of the liquid has evaporated.

In a separate skillet, melt the remaining butter over medium heat. Sprinkle the flour over the butter and whisk in using a fork until smooth. Season with garlic powder, salt and pepper; cook and stir until thick. Gradually stir in the milk so that no lumps form, and simmer until thickened. Add the spinach mixture to the cream sauce, and mix until coated. Crumble bacon over the top and serve.

# Spinach Artichoke Hummus with Roasted Red

## Ingredients

2 tablespoons olive oil  
3 cloves garlic, crushed  
1 tablespoon sesame seeds  
1/4 cup water  
1 (10 ounce) bag chopped fresh spinach  
2 (15 ounce) cans garbanzo beans, liquid reserved  
1 (12 ounce) jar marinated artichoke hearts, drained and chopped  
1 (7 ounce) jar roasted red peppers, drained and chopped

## Directions

Heat olive oil in a small skillet over medium heat. Stir in the garlic and sesame seeds; cook and stir until garlic is tender, 3 to 5 minutes. Remove from heat and set aside. Heat water in another skillet. Add spinach. Cook and stir until spinach is wilted, 3 to 5 minutes. Drain and set aside.

Place the garbanzo beans into a blender. Cover, and puree until smooth. Add the spinach, artichokes, and garlic mixture. Blend to desired consistency, pouring in reserved garbanzo bean liquid as needed. Spoon mixture into a bowl. Cover and refrigerate until chilled. Top with roasted red peppers before serving.



# PHILLY Creamy Rice, Chicken and Spinach Dinner

## Ingredients

1/4 cup KRAFT Signature Roasted Red Pepper with Parmesan Dressing  
1 pound boneless skinless chicken breasts, cut into strips  
1 (10 ounce) can canned low-sodium chicken broth or homemade stock  
1 1/2 cups instant white rice, uncooked  
125 grams PHILADELPHIA Light Brick Cream Cheese Spread, cubed  
8 cups baby or torn spinach leaves  
1 cup chopped tomatoes  
2 tablespoons KRAFT 100% Grated Parmesan Cheese

## Directions

Heat dressing in large deep skillet on medium-high heat. Add chicken; cook 5 min. Add broth; bring to boil. Stir in rice; return to boil. Cover. Reduce heat to medium; simmer 5 min.

Add cream cheese; cook until cream cheese is completely melted, stirring occasionally. Add spinach (skillet will be full); cover. Cook 2 min. or until spinach is wilted; stir gently. Cover; remove from heat.

Let stand 5 min. Stir in tomatoes; sprinkle with Parmesan cheese.

# Hot Artichoke and Spinach Dip II

## Ingredients

1 (8 ounce) package cream cheese, softened  
1/4 cup mayonnaise  
1/4 cup grated Parmesan cheese  
1/4 cup grated Romano cheese  
1 clove garlic, peeled and minced  
1/2 teaspoon dried basil  
1/4 teaspoon garlic salt  
salt and pepper to taste  
1 (14 ounce) can artichoke hearts, drained and chopped  
1/2 cup frozen chopped spinach, thawed and drained  
1/4 cup shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.

In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach.

Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake in the preheated oven 25 minutes, until bubbly and lightly browned.

# Chicken Breast Stuffed with Spinach Blue Cheese

## Ingredients

8 slices bacon  
4 skinless, boneless chicken breast halves - pounded to 1/2 inch thickness  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup crumbled blue cheese  
2 tablespoons all-purpose flour  
1/8 teaspoon ground black pepper  
1/4 teaspoon salt  
2 tablespoons olive oil

## Directions

Cook bacon until crisp. I prefer to use an indoor grill. Bacon can also be cooked in a skillet over medium-high heat, or the microwave at about 1 minute per slice. Drain on paper towels, and set aside.

Preheat the oven to 350 degrees F (175 degrees C). In a medium bowl, stir together the spinach and blue cheese. Crumble in the bacon, and stir to distribute.

Lay the chicken breast halves out on a clean surface, and distribute the spinach mixture evenly onto the centers of them. Fold the chicken over the filling, and secure with toothpicks. Stir together the flour, salt and pepper on a dinner plate. Roll the chicken in the flour to coat.

Heat the oil in a skillet over medium-high heat. Quickly brown each piece of chicken on top and bottom. Remove to a lightly greased baking dish, and cover with a lid or aluminum foil.

Bake for 30 minutes in the preheated oven, until chicken juices run clear, and filling is hot.

# Spinach Almond Pesto

## Ingredients

1/2 cup pine nuts  
1 cup slivered California Almonds,  
divided  
1 (10 ounce) package frozen  
spinach, thawed and squeezed  
almost dry  
6 cloves garlic, roasted and  
peeled  
1 cup grated Parmesan cheese,  
plus more for garnish  
1/2 cup chicken or vegetable  
broth  
1/2 cup olive oil  
1 tablespoon lemon juice  
1 teaspoon lemon zest

## Directions

Place almonds and pine nuts (keep separate) in a single layer in a dry skillet over medium heat. Toast, stirring occasionally until fragrant, 3-5 minutes.

Combine all ingredients except 1/2 cup of the slivered almonds in a food processor, blending just until smooth.

Toss pesto sauce with cooked fettuccine and top with roasted cherry tomatoes and remainder of slivered almonds.

# Beef Caldo with Spinach

## Ingredients

vegetable oil for browning  
1 pound beef round, thinly sliced  
then cut into 1 inch pieces  
1 medium onion, diced  
6 roma (plum) tomatoes, chopped  
4 new potatoes, quartered  
2 cups tomato puree  
1 bunch fresh spinach, rinsed and  
torn into bite-size pieces  
1/2 cup red wine  
3 cloves garlic, minced  
2 tablespoons chopped fresh  
oregano  
1 (14.5 ounce) can beef broth

## Directions

Heat oil in a medium skillet over medium-high heat. Cook and stir meat until well browned on all sides, then transfer to a large stock pot. Cook and stir onions in the same skillet in the fat remaining from the meat. When lightly browned and tender, stir in tomatoes. Continue cooking until some of the tomato liquid has evaporated, then transfer to the stock pot with the meat.

In a separate skillet, brown the potatoes in a small amount of oil over medium-high heat, turning occasionally. Add the potatoes to the meat, along with the tomato puree, spinach, red wine, garlic, and oregano. Add just enough beef broth or water to cover meat and vegetables, and bring to a boil. Reduce heat to a simmer, cover, and cook for one hour.

# Spinach Salad With Berries and Curry Dressing

## Ingredients

6 cups fresh spinach, torn into bite-size pieces  
1 cup thickly sliced strawberries  
1 cup blueberries, trimmed  
1 small red onion, thinly sliced  
1/2 cup chopped pecans

### Non-Fat Curry Dressing:

2 tablespoons balsamic vinegar  
2 tablespoons rice vinegar  
4 teaspoons honey  
1 teaspoon curry powder  
2 teaspoons Dijon mustard  
1 pinch Salt and pepper to taste

## Directions

Wash and dry spinach. Whip together dressing ingredients. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly and serve.

# German-Style Spinach

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach  
1 large onion, chopped  
2 garlic cloves, minced  
2 tablespoons butter or margarine  
6 bacon strips, cooked and  
crumbled  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
pepper to taste

## Directions

Cook spinach according to package directions. Drain well and set aside. In a large skillet, saute onion and garlic in butter until tender. Stir in the spinach, bacon, nutmeg, salt and pepper; heat through.

# Emily's Spinach Salad

## Ingredients

2/3 cup vegetable oil  
1/4 cup red wine vinegar  
2 teaspoons lemon juice  
2 teaspoons soy sauce  
1 teaspoon sugar  
1 teaspoon dry mustard  
1/2 teaspoon curry powder  
1/2 teaspoon salt  
1/2 teaspoon seasoned pepper  
1/4 teaspoon garlic powder  
1 (10 ounce) package fresh spinach, torn into bite-size pieces  
5 bacon strips, cooked and crumbled  
2 hard-cooked eggs, sliced

## Directions

Combine first 10 ingredients in a jar; cover tightly and shake until well mixed; set aside. Place spinach in a large salad bowl. Just before serving, pour dressing over spinach and toss gently. Garnish with crumbled bacon and egg slices.



# Tasty Spinach Treats

## Ingredients

1 tablespoon butter  
1/2 cup finely chopped onion  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
3/4 cup mayonnaise  
1 (8 ounce) package shredded  
mozzarella cheese  
1 1/2 teaspoons ground nutmeg  
salt and pepper to taste  
1 (12 ounce) package refrigerated  
buttermilk biscuit dough

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a miniature muffin pan.

Melt butter in medium saucepan over medium heat. Stir in the onion and cook until tender and lightly browned.

In a medium bowl, mix together onion, spinach, mayonnaise, mozzarella cheese, nutmeg, salt and pepper.

Unroll buttermilk biscuit dough. Separate each biscuit into two. Place biscuit dough halves into the prepared miniature muffin pan, forming small cups that extend slightly beyond the rim. Fill the biscuit dough cups with desired amounts of the onion and spinach mixture.

Bake in the preheated oven 12 minutes, or until biscuit dough and filling are lightly browned.

# Sesame Ginger Spinach Salad

## Ingredients

1 pound boneless, skinless chicken breasts  
1 (16 ounce) bottle Newman's Own Lighten Up Low Fat Sesame Ginger Dressing  
1 teaspoon black pepper  
1/2 teaspoon cayenne pepper  
1/2 teaspoon salt (optional)  
2 tablespoons fresh herbs  
6 cups baby spinach, washed, stems removed  
1/2 cup raspberries, washed  
1 ounce feta, crumbled  
1/4 cup chopped pecans or walnuts

## Directions

Preheat oven to 350 degrees F.

Place chicken in oven-safe baking dish. Tenderize chicken slightly with mallet or fork. Whisk together Newman's Own Lighten Up Low Fat Sesame Ginger Dressing, spices, and herbs. Pour over chicken breasts, turning breasts a couple of times. Breasts do not need to be submerged in dressing, but the dressing should fully cover the bottom of baking dish. Bake chicken 45 minutes.

Dry spinach leaves in a salad spinner or between two clean dish towels. Combine with raspberries, feta, and nuts in large bowl; toss to mix.

Once chicken breasts are fully cooked, remove from oven and rest 3 to 5 minutes. Add small amount of Newman's Own dressing to the salad and toss. Slice chicken into strips and serve over salad.

# Make-Ahead Spinach Manicotti

## Ingredients

1 (15 ounce) container ricotta cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 1/2 cups shredded mozzarella cheese, divided  
3/4 cup shredded Parmesan cheese, divided  
1 egg  
2 teaspoons minced fresh parsley  
1/2 teaspoon onion powder  
1/2 teaspoon pepper  
1/8 teaspoon garlic powder  
2 (28 ounce) jars spaghetti sauce  
1 1/2 cups water  
1 (8 ounce) package manicotti shells

## Directions

In a large bowl, combine ricotta, spinach, 1 cup mozzarella, 1/4 cup Parmesan, egg, parsley, onion powder, pepper and garlic powder. Combine spaghetti sauce and water; spread 1 cup sauce in an ungreased 13-in. x 9-in. x 2-in. baking dish.

Stuff uncooked manicotti with spinach mixture; arrange over sauce. Pour remaining sauce over manicotti. Sprinkle with remaining mozzarella and Parmesan. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 40-50 minutes or until heated through.

# Jiddo's Fatayer Sabanegh (Spinach Triangles)

## Ingredients

1 1/2 teaspoons white sugar  
1 1/2 teaspoons active dry yeast  
1 1/4 cups warm water (110 degrees F to 115 degrees F)  
1 1/2 teaspoons salt  
2 tablespoons olive oil  
3 cups whole-wheat flour  
3 pounds fresh spinach, rinsed and stems removed  
2 medium onions, finely chopped  
2/3 cup lemon juice  
4 cloves garlic, finely chopped  
2 tablespoons chopped fresh basil leaves  
2 tablespoons chopped fresh mint leaves  
3/4 teaspoon garlic salt

## Directions

In a small bowl, stir together yeast, sugar and hot water; set aside until bubbles form on the yeast's surface. Stir in salt and olive oil. Place flour in a large bowl, then stir in yeast mixture and bring mixture together to form a soft dough. Working on a lightly floured surface, use your hands to knead the dough until it's satiny smooth and soft, about 15 minutes. Cover dough with a clean towel and set aside to rest.

Coarsely chop the spinach. Bring a large pot of salted water to boil and add spinach. Cook spinach 2 minutes, or just until wilted; drain very well and return to the pot. Add onions, lemon juice, garlic, basil, mint, and garlic salt. Cook and stir spinach mixture 2 minutes more to blend the flavors.

Place a pizza stone in the oven and preheat to 450 degrees F (230 degrees C). Meanwhile, cut the dough into golf-ball size pieces and roll into 5-inch diameter disks about 1/4-inch thick. Place 1 tablespoon of spinach filling in the middle of each disk. Be sure to stir the spinach mixture frequently so the juice doesn't separate. Fold up three sides of the disk to make a triangle, leaving a small hole in the center to release steam while baking.

Bake 10 to 15 minutes, or until golden brown. Remove and cool on racks.

# Spinach, Potato, and Nutmeg Soup

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 1/2 quarts water  
1 cube chicken bouillon  
2 cups fresh spinach  
4 small potatoes, peeled and halved  
ground nutmeg to taste  
1/2 cup milk  
salt and pepper to taste

## Directions

Heat the oil in a skillet over medium heat. Cook and stir the onion until tender.

In a saucepan, bring the water to a boil. Reduce heat to low, and dissolve the bouillon cube in the water.

In a blender or food processor, blend the onion, spinach, potatoes, nutmeg, and about 2 cups of the bouillon until thick and smooth.

Blend the potato mixture into the saucepan with the remaining bouillon. Bring to a boil, reduce heat, and simmer 20 minutes. Stir in the milk, and continue cooking 10 minutes. Season with salt, pepper, and more nutmeg to taste. Thus the soup is complete.

# Hearts of Palm and Spinach Salad

## Ingredients

2 (10 ounce) bags fresh spinach, rinsed and dried  
1 (14.25 ounce) can hearts of palm, drained and chopped  
1 pint cherry tomatoes  
2 large avocados - peeled, pitted and diced  
1 (10 ounce) package fresh mushrooms, sliced  
1/3 cup sliced almonds  
1/2 cup canola oil  
1/3 cup white vinegar  
1/2 cup ketchup  
2 cloves garlic, chopped  
1/2 cup sugar  
1 teaspoon salt  
1/2 teaspoon dry mustard powder  
1/2 teaspoon paprika

## Directions

In a large serving bowl, toss the spinach with hearts of palm, tomatoes, avocados, mushrooms, and almonds.

Combine oil, vinegar, ketchup, garlic and sugar in a jar. Season with salt, mustard and paprika. Cover with a tight fitting lid. Shake vigorously until well blended.

Before serving, pour dressing over salad, and toss to coat evenly.

# Spinach Enchiladas Verde

## Ingredients

1 cup light sour cream  
1 (7 ounce) can green salsa  
1 bunch fresh spinach, rinsed and  
thinly sliced  
2 cups shredded Monterey Jack  
cheese  
1 (10 ounce) package corn tortillas

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a small bowl, stir together half of the sour cream and the green salsa. Spread enough to coat the bottom into a 9x13 inch baking dish. On each tortilla, spread a small amount of the salsa and sour cream in the center. Lay a small handful of spinach over that, and sprinkle with Monterey Jack cheese. Roll up, secure with a toothpick and place into the baking dish. When all of the tortillas are in the pan, pour the remaining salsa over the top and sprinkle with the remaining cheese.

Bake for 20 to 25 minutes in the preheated oven, until the enchiladas are browned and heated through.

# Artichoke Spinach Dip

## Ingredients

1/4 cup butter  
1 (10 ounce) package frozen  
chopped spinach, partially thawed  
1 (14 ounce) can artichoke hearts,  
drained and chopped  
2 (8 ounce) packages cream  
cheese, softened  
2 (16 ounce) containers sour  
cream  
1 cup grated Parmesan cheese  
garlic salt to taste

## Directions

Melt butter in a large saucepan over medium heat. Stir in the spinach and artichoke hearts. Cook until tender, about 5 minutes.

Mix cream cheese and sour cream into the spinach mixture. Stir in Parmesan cheese and garlic salt. Cook, stirring occasionally, until thickened, 10 to 15 minutes. Serve warm.



# Ultimate Spinach Dip

## Ingredients

1 bunch fresh spinach, stems removed, torn into small pieces  
1 bunch green onions  
1 (8 ounce) can water chestnuts, drained and sliced  
1 (8 ounce) container sour cream  
2 1/2 cups mayonnaise  
1 (.4 ounce) packet dry vegetable soup mix  
1 (1 ounce) package dry onion soup mix

## Directions

In a medium bowl, toss together spinach, green onion stalks and water chestnuts. Mix in the sour cream, mayonnaise, dry vegetable soup mix and dry onion soup mix.

# Spinach Dip in Pumpernickel

## Ingredients

2 (8 ounce) loaves round pumpernickel loaves  
1 cup low-fat cottage cheese, creamed  
1 cup freshly grated Parmesan cheese  
3/4 cup fat-free mayonnaise  
1/2 cup nonfat sour cream  
1 tablespoon grated onion  
1 teaspoon fresh lemon juice  
1/4 teaspoon garlic powder  
1 (10 ounce) package frozen spinach - thawed, drained and chopped  
1 (8 ounce) can water chestnuts, drained and chopped  
1 (2 ounce) bottle diced pimento peppers, drained  
1 (.4 ounce) packet dry vegetable soup mix  
3 tablespoons grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Remove the top and interior of one pumpernickel loaf. Cut the insides, top and second loaf into pieces for dipping.

Place the cut loaf on a medium baking sheet and bake in the preheated oven 10 to 15 minutes, or until dry and firm.

In a large bowl, mix the cottage cheese, 1 cup Parmesan cheese, mayonnaise, sour cream, onion, lemon juice, garlic powder, spinach, water chestnuts, pimento peppers and dry vegetable soup mix. Spoon the mixture into the hollowed out loaf. Top with 3 tablespoons Parmesan cheese.

Bake in the preheated oven 20 minutes, or until bubbly and lightly brown. Heat the cut up bread pieces until lightly toasted.

# Spinach Salad II

## Ingredients

4 eggs  
8 slices bacon  
1 (10 ounce) package fresh spinach  
1 small onion, chopped  
6 tablespoons vegetable oil  
3 tablespoons lemon juice  
2 cloves garlic, minced  
salt and pepper to taste

## Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large bowl, combine the eggs, bacon, spinach and onion.

In a small bowl, whisk together the oil, lemon juice, garlic and salt and pepper. Pour over salad and toss well to coat.

# Creamy Spinach

## Ingredients

3 bacon strips, diced  
1/4 cup finely chopped onion  
3 tablespoons butter  
3 tablespoons all-purpose flour  
1 1/4 cups half-and-half cream  
2 (10 ounce) packages frozen  
chopped spinach, thawed, well  
drained  
1/2 teaspoon salt  
1/4 teaspoon coarsely ground  
pepper  
1/4 teaspoon ground nutmeg  
Shredded Parmesan cheese

## Directions

In a skillet, cook bacon and onion over medium heat until bacon is crisp and onion is tender. Remove with a slotted spoon and set aside. In a large saucepan, melt butter. Stir in the flour until smooth. Gradually stir in cream. Bring to boil over medium heat; cook and stir for 2 minutes.

Reduce heat; stir in spinach, salt, pepper, nutmeg, bacon and onion. Cook and stir for 5 minutes or until heated through. Sprinkle with Parmesan cheese.

# Spinach Quiche

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed  
1 bunch green onions, finely chopped (white parts only)  
4 eggs, beaten  
1 (16 ounce) package cottage cheese  
2 cups shredded Cheddar cheese  
1/4 cup crushed croutons

## Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9 inch pie or quiche pan.

Place spinach in a small saucepan. Cook over medium heat, stirring occasionally until soft. Drain off any remaining liquid. Stir in green onions, eggs, cottage cheese and Cheddar cheese. Pour mixture into prepared pan.

Bake uncovered in preheated oven for 45 minutes. Remove from oven and sprinkle with crushed croutons. Return to oven and bake for an additional 15 minutes, until eggs are set.

# Alaskan Spicy Spinach Dip

## Ingredients

2 pounds pepperjack cheese  
2 cups half-and-half cream  
1 large tomato, diced  
1 onion, diced  
1/2 cup diced red bell pepper  
3 cups spinach, rinsed and  
chopped

## Directions

Over a double boiler slowly melt the pepperjack cheese. When the cheese is melted whisk in half and half until smooth and creamy. Stir in tomato, onion, red bell pepper and chopped spinach. Transfer to a serving bowl. Serve warm with tortilla chips or bread.

# Quick and Easy Spinach Pie

## Ingredients

2 (10 ounce) packages chopped spinach, thawed, drained and squeezed dry  
3 green onions, chopped  
4 eggs, lightly beaten  
1/2 cup cottage cheese  
1 (4 ounce) package crumbled feta cheese  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon nutmeg  
1 teaspoon dill  
10 sheets phyllo dough, thawed  
CRISCO® Butter Flavor No-Stick Cooking Spray

## Directions

Preheat oven to 350 degrees.

Spray an 8x8 baking dish with CRISCO® No Stick Cooking Spray. In a medium bowl, stir together first 9 ingredients.

Lay one sheet of phyllo in the baking dish, allowing edges to hang over. Spray completely with CRISCO® Butter Flavor No-stick Cooking Spray. Repeat with 4 more sheets of phyllo, spraying and alternating the direction of each sheet. Transfer spinach mixture to phyllo lined dish. Spray and layer remaining sheets as directed for bottom layer. Turn in edges to form a rim. Spray rim and top layer.

Bake for 35-45 minutes or until golden brown. Let stand 15 minutes before slicing into 4-6 pieces.

# Spinach Cheddar Bake

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
undrained  
1/3 cup crushed saltine crackers  
1 egg, beaten  
1/2 teaspoon onion powder  
salt to taste  
1 cup shredded Cheddar cheese,  
divided

## Directions

In a bowl, combine the spinach, saltines, egg, onion powder and salt. Stir in 1/2 cup cheese. Transfer to a greased 2-cup baking dish; sprinkle with remaining cheese. Bake, uncovered, at 350 degrees F for 30 minutes or until cheese is melted and bubbly.



# Spinach, Red Lentil, and Bean Curry

## Ingredients

1 cup red lentils  
1/4 cup tomato puree  
1/2 (8 ounce) container plain yogurt  
1 teaspoon garam masala  
1/2 teaspoon ground dried turmeric  
1/2 teaspoon ground cumin  
1/2 teaspoon ancho chile powder  
2 tablespoons vegetable oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 (1 inch) piece fresh ginger root, grated  
4 cups loosely packed fresh spinach, coarsely chopped  
2 tomatoes, chopped  
4 sprigs fresh cilantro, chopped  
1 (15.5 ounce) can mixed beans, rinsed and drained

## Directions

Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes. Drain.

In a bowl, stir together tomato puree and yogurt. Season with garam masala, turmeric, cumin, and chile powder. Stir until creamy.

Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yogurt mixture. Then mix in tomatoes and cilantro.

Stir lentils and mixed beans into mixture until well combined. Heat through, about 5 minutes.

# Strawberry Spinach Salad

## Ingredients

1 (10 ounce) package fresh spinach, torn  
2 cups sliced fresh strawberries  
1 cup sliced fresh mushrooms  
1/3 cup real bacon bits  
1/3 cup raspberry vinaigrette

## Directions

In a large salad bowl, combine the spinach, strawberries, mushrooms and bacon. Drizzle with vinaigrette and toss to coat.

# Kale and Spinach Saag

## Ingredients

1 (1 inch) piece fresh ginger,  
peeled and coarsely chopped  
6 cloves garlic  
1/4 cup water, or more as needed  
1/2 teaspoon garam masala  
1 (10 ounce) bag fresh spinach,  
chopped  
10 ounces fresh kale, chopped  
1 cup milk  
1 cup cottage cheese  
1 pinch salt  
1 pinch ground nutmeg  
2 teaspoons ghee (clarified butter)  
2 onions, chopped

## Directions

Place the ginger and garlic in a blender with 1/4 cup of water, and blend to a smooth paste.

Heat a large skillet with a lid over medium-low heat, and scoop the ginger-garlic paste into the skillet. Sprinkle with garam masala, and stir to combine. Reduce heat to low, cover, and simmer the paste for about 15 minutes, checking to see that it hasn't cooked dry. Add more water if the mixture gets dried out. Stir in the spinach and kale, and cook, stirring occasionally, until the greens are bright green and limp, about 10 minutes.

Place the milk and cottage cheese into the blender, and blend until smooth. Add a pinch of salt and nutmeg to the blender, and pulse again just to mix.

Heat the ghee in a skillet over medium heat, and cook and stir the onions until they are translucent, about 5 minutes.

Stir the cottage cheese mixture and the cooked onions into the skillet with the greens until well combined, let cool slightly, and place about half the saag into the blender. Pulse until smooth, return the blended mixture to the skillet, and stir well.

# Creamy Spinach Casserole

## Ingredients

1 (10.75 ounce) can condensed  
cream of celery soup  
1 tablespoon all-purpose flour  
4 tablespoons butter  
1/2 teaspoon garlic salt  
salt and pepper to taste  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
drained  
1 onion, finely diced

## Directions

In a saucepan, combine celery soup, flour, butter or margarine, garlic salt, salt and pepper, spinach and onion. Whisk together and cook over medium heat until hot and thick.

# Cottage Cheese Spinach Chicken

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed  
1/2 yellow onion, chopped  
1 cup cottage cheese  
4 skinless, boneless chicken breast halves  
2 tablespoons Cajun-style seasoning  
2 tablespoons melted butter

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Squeeze excess water out of thawed spinach; in a large bowl, mix spinach with onion and cottage cheese and set aside.

Season chicken breasts with Cajun-style seasoning, then place 1/4 of cheese/spinach mixture in the center of each breast and fold in half. Secure with toothpicks and place in a lightly greased 9x13 inch baking dish.

Drizzle with melted butter and bake at 350 degrees F (175 degrees C) for about 25 minutes, or until chicken is cooked through and juices run clear.

# Spinach Salad Ring

## Ingredients

2 envelopes unflavored gelatin  
1 (10.5 ounce) can condensed beef broth  
1/4 cup water  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1 cup mayonnaise or salad dressing  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
4 hard-cooked eggs, chopped  
1/4 pound sliced bacon, cooked and crumbled  
1/4 cup thinly sliced green onions  
Cherry tomatoes

## Directions

In a saucepan, sprinkle gelatin over broth; let stand for 5 minutes. Cook over low heat until gelatin is dissolved. Add water, lemon juice and salt; mix well. Place mayonnaise in a bowl. Gradually add broth mixture, stirring constantly until smooth. Chill until slightly thickened, about 40 minutes. Fold in spinach, eggs, bacon and onions. pour into an oiled 6-cup mold. Chill until firm. When ready to serve, unmold onto a platter; garnish with tomatoes if desired.

# Spinach Turkey Penne

## Ingredients

3 ounces uncooked penne or medium tube pasta  
1/2 pound Italian turkey sausage links, casings removed  
1 garlic clove, minced  
1 tablespoon olive or vegetable oil  
4 cups loosely packed torn fresh spinach  
1/4 cup golden raisins  
1/2 teaspoon chicken bouillon granules  
2 plum tomatoes, seeded and chopped  
1/4 cup sliced almonds, toasted  
2 tablespoons shredded Parmesan cheese

## Directions

Cook pasta according to package directions. Crumble sausage into a skillet. Cook over medium heat until no longer pink; drain and set aside. In same skillet, cook garlic in oil for 1-2 minutes. Add the spinach, raisins if desired and bouillon. Cook and stir until spinach is wilted. Stir in tomatoes and sausage. Drain pasta; transfer to a serving bowl. Add spinach mixture; toss gently. Garnish with almonds and Parmesan cheese.

# Pork and Spinach Salad

## Ingredients

10 ounces fresh spinach, washed, stems removed  
1 (15.5 ounce) can black-eyed peas, rinsed and drained  
1/3 cup Italian or low-fat Italian dressing  
1/4 cup sliced green onions  
1/2 cup sliced fresh mushrooms  
1/4 cup sliced celery  
1 (2 ounce) jar sliced pimientos, drained  
2 tablespoons sliced ripe olives  
2 garlic cloves, minced  
1 tablespoon olive oil  
1/2 pound pork tenderloin, cut into thin strips

## Directions

Line four plates with spinach leaves; set aside. In a bowl, combine peas, mushrooms, Italian dressing, green onions, celery, pimientos and olives; set aside. In a medium skillet, saute garlic in oil for 30 seconds. Add pork and stir-fry for 2 to 3 minutes or until no pink remains. Remove from the heat; add vegetable mixture and mix well. Divide among spinach-lined plates. Serve immediately.



# Spinach Cheese Tortellini

## Ingredients

1 (19 ounce) package frozen cheese tortellini  
1/2 pound sliced fresh mushrooms  
1/2 cup butter  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 large tomato, diced  
1 (8 ounce) package cream cheese, cubed  
3/4 cup milk  
3 tablespoons grated Parmesan cheese  
1 teaspoon garlic salt  
1 teaspoon Italian seasoning  
1/2 teaspoon pepper

## Directions

Cook tortellini according to package directions. Meanwhile, in a large skillet, saute mushrooms in butter until tender. Add the spinach and tomato; cook and stir for 3 minutes. Stir in the remaining ingredients.

Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 15 minutes or until cheese is melted, stirring occasionally. Drain tortellini; add to skillet. Cook 2-3 minutes or until bubbly.

# Strawberry, Spinach, and Pear Salad

## Ingredients

1/2 cup black walnuts  
1 (10 ounce) bag spinach leaves  
1 (10 ounce) bag romaine lettuce,  
torn  
1/2 cup balsamic vinaigrette  
8 large strawberries, sliced  
2 pears - peeled, cored and sliced  
1 (6 ounce) container crumbled  
feta  
3 tablespoons balsamic  
vinaigrette

## Directions

Place the walnuts in a small skillet over medium-high heat; toast the nuts while stirring constantly for 4 to 5 minutes; set aside to cool completely.

Toss together the spinach and romaine lettuce in a large mixing bowl, and toss with 1/2 cup of balsamic vinaigrette. Arrange the strawberries, pears, feta cheese, and walnuts over the top of the salad. Dress the salad with another 3 tablespoons vinaigrette to serve.

# The Perfect Hot Artichoke and Spinach Dip

## Ingredients

1/3 cup chopped green onions  
1 jalapeno pepper, seeded and finely chopped  
3 cloves garlic, pressed  
1 cup sour cream  
1 cup mayonnaise  
1 1/4 cups shredded mozzarella cheese, divided  
3/4 cup freshly grated Parmesan cheese, divided  
1 (10 ounce) bag spinach, chopped  
1 (14 ounce) can artichoke hearts, drained and chopped  
1 tablespoon fresh lemon juice

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, combine green onions and jalapeno. Stir in pressed garlic.

In an 8x10 inch glass baking dish, mix sour cream and mayonnaise. Stir in green onions mixture. Blend in 1 cup mozzarella and 1/2 cup Parmesan. Stir in spinach and artichokes. Spread mixture evenly across the baking dish. Sprinkle lemon juice on top, and cover with aluminum foil.

Bake in a preheated oven about 20 minutes. Remove, and sprinkle with remaining 1/4 cup mozzarella and 1/4 cup Parmesan. Return to oven, and bake until lightly browned, about 5 minutes more.

# Spinach with a Twist

## Ingredients

1 tablespoon olive oil  
1 small yellow onion, sliced  
1 (14.5 ounce) can diced tomatoes, drained  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
salt and pepper to taste  
3 ounces Roquefort cheese

## Directions

Heat the olive oil in a skillet over medium high heat, and saute the onion until tender. Stir in the tomatoes and spinach, and continue cooking until the spinach is wilted. Season with salt and pepper. Stir in the Roquefort cheese, and allow to melt slightly before serving.

# Spinach Ranch Salad

## Ingredients

4 cups baby spinach, rinsed and dried  
1/2 cup cucumber  
1 cup broccoli florets  
1/2 cup feta cheese, crumbled  
1/4 red onion, chopped  
2 small, cooked chicken breast, cut into small pieces  
bacon bits  
1/2 cup ranch dressing

## Directions

Toss together spinach, cucumber, broccoli, feta, onion, chicken, and bacon in a large bowl. Pour dressing over salad, and gently toss again.

# Spinach Pancakes

## Ingredients

4 tablespoons all-purpose flour  
2 eggs  
1 (10 ounce) package frozen spinach, thawed and drained  
salt and pepper to taste  
1/2 teaspoon paprika  
2 tablespoons olive oil

## Directions

In a medium bowl, mix together flour and eggs. Stir in spinach, and season with salt and pepper to taste and paprika.

Heat olive oil in a large skillet. Drop spinach mixture into the oil by the spoonful, and flatten into patties. Cook until browned on both sides. Remove to paper towels to drain. Serve warm.

# Pasta with Spinach Pesto Sauce

## Ingredients

16 ounces fresh spinach, washed and chopped  
6 ounces low-fat, firm silken tofu  
2 tablespoons fresh lemon juice  
1 tablespoon minced garlic  
1/8 cup low-sodium chicken broth  
1/2 cup grated Parmesan cheese  
1/2 teaspoon ground black pepper  
1 teaspoon Italian seasoning  
10 ounces fresh mushrooms, thinly sliced  
6 ounces fresh sliced shiitake mushrooms  
1/2 cup diced red onion  
1/4 cup bacon bits  
1 pound penne pasta

## Directions

Cook pasta according to package directions.

While pasta is cooking, in food processor or blender, combine spinach, tofu, lemon juice, garlic, broth, cheese, pepper, and Italian seasoning, process until smooth. Set aside.

Spray a large non-stick saute pan with cooking spray. Over medium heat, cook onions and mushrooms until tender. Reduce heat to low, add pesto mixture and heat until hot.

Toss pasta with sauce and bacon bits. Serve with additional Parmesan cheese, if desired. NOTE: If sauce seems too thick, thin to desired consistency with pasta cooking water or broth.

# Spinach Chick Pea Curry

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 (14.75 ounce) can creamed corn  
1 tablespoon curry paste  
salt to taste  
ground black pepper to taste  
1/2 teaspoon garlic powder, or to taste  
1 (15 ounce) can garbanzo beans, drained and rinsed  
1 (12 ounce) package firm tofu, cubed  
1 bunch fresh spinach, stems removed  
1 teaspoon dried basil or to taste

## Directions

In a large wok or skillet heat oil over medium heat; saute onions until translucent. Stir in creamed corn and curry paste. Cook, stirring regularly, for 5 minutes. As you stir, add salt, pepper and garlic.

Stir in garbanzo beans and gently fold in tofu. Add spinach and cover. When spinach is tender, remove from heat and stir in basil.



# Sally's Spinach Mashed Potatoes

## Ingredients

1 (10 ounce) package frozen  
chopped spinach  
6 potatoes, peeled and chopped  
1/2 cup butter  
1 cup sour cream  
1 tablespoon chopped onion  
1 teaspoon salt  
1/4 teaspoon dried dill weed  
1 cup shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Cook spinach according to package directions. Place potatoes in a pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender but firm. Drain, cool slightly, and mash.

In a bowl, mix the spinach, mashed potatoes, butter, sour cream, onion, salt, and dill. Transfer to the prepared casserole dish. Top with Cheddar cheese.

Bake 20 minutes in the preheated oven, until bubbly and lightly brown.

# Spinach Salad with Warm Bacon-Mustard

## Ingredients

1 (10 ounce) bag baby spinach leaves  
4 hard-cooked eggs, peeled and sliced  
1 cup sliced mushrooms  
4 strips crisply cooked bacon, crumbled  
10 ounces Swiss cheese, shredded  
1/2 cup toasted sliced almonds  
1 tablespoon olive oil  
1 large shallot, minced  
1 teaspoon garlic, minced  
1/3 cup white wine vinegar  
1/3 cup Dijon mustard  
1/3 cup honey  
2 strips crisply cooked bacon, crumbled  
salt and pepper to taste

## Directions

Place spinach into a large serving bowl, top with hard-cooked eggs, mushrooms, 4 crumbled strips of bacon, Swiss cheese, and almonds.

Heat olive oil in a small skillet over medium heat. Stir in shallots and garlic, and cook until softened and translucent, about 2 minutes. Whisk in the vinegar, Dijon mustard, honey, and 2 crumbled strips of bacon; season to taste with salt and pepper, then cook until hot.

Pour hot dressing over spinach and toss to coat.

# Spinach Tuna Casserole

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 (6 ounce) can tuna, drained  
1/3 cup seasoned bread crumbs  
3 tablespoons crushed seasoned stuffing  
1/4 teaspoon salt  
1/2 cup mayonnaise  
1/4 cup sour cream  
2 teaspoons lemon juice  
2 tablespoons Parmesan cheese

## Directions

In a bowl, combine the first five ingredients; mix well. Combine the mayonnaise, sour cream and lemon juice; add to tuna mixture and mix well. Transfer to a greased 2-cup baking dish. Sprinkle with Parmesan cheese.

Cover and bake at 350 degrees for 20-25 minutes or until heated through.

# Spinach Casserole

## Ingredients

2 (10 ounce) packages frozen chopped spinach, thawed and drained  
1 (8 ounce) package cream cheese, softened  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (6 ounce) can French-fried onions, divided

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine spinach, cream cheese, mushroom soup and 1/2 of the fried onions; mix well. Transfer mixture to a 2 quart casserole dish and sprinkle with remaining fried onions.

Bake for 20 minutes, or until heated through.

# Salmon and Spinach Fettuccine

## Ingredients

8 ounces dry fettuccine pasta  
1/4 cup butter  
1 cup milk  
1 tablespoon all-purpose flour  
1 cup freshly grated Parmesan cheese  
1/2 pound smoked salmon, chopped  
1 cup chopped fresh spinach  
2 tablespoons capers  
1/4 cup chopped sun-dried tomatoes  
1/2 cup chopped fresh oregano

## Directions

Bring a large pot of lightly salted water to a boil. Add fettuccine, and cook for 11 to 13 minutes or until al dente; drain.

In a medium saucepan over medium heat, melt the butter, and blend with milk. Mix in the flour to thicken. Gradually stir in the Parmesan cheese until melted.

Crumble salmon into the butter mixture. Stir in the spinach, capers, sun-dried tomatoes, and oregano. Cook and stir about 3 minutes, until heated through. Serve over the cooked pasta.

# Hot Asiago and Spinach Dip

## Ingredients

1 (8 ounce) package cream cheese, softened  
1/2 cup mayonnaise  
1/2 cup sour cream  
2 teaspoons minced garlic  
2 cups grated Asiago cheese  
1/2 cup minced fresh parsley  
1 1/2 cups frozen chopped spinach, thawed and drained

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine the cream cheese, mayonnaise, sour cream, and garlic in a mixing bowl. Add the Asiago cheese and parsley; mix well. Press as much moisture out of the spinach as you can; stir into the mixture. Spread into the bottom of an 8 1/2 x 10 baking dish.

Bake in the preheated oven until the middle is bubbling and the edges are golden brown, 20 to 25 minutes.

# Black Bean Spinach Pizza

## Ingredients

1 (10 ounce) package prebaked Italian bread shell crust  
1 (15 ounce) can black beans, rinsed, drained, and mashed  
1/3 cup chopped onion  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1/2 teaspoon minced garlic  
1/2 cup salsa  
1/2 cup frozen chopped spinach, thawed and squeezed dry  
2 tablespoons minced fresh cilantro  
1/2 teaspoon hot pepper sauce  
1/2 cup shredded Monterey Jack cheese  
1/2 cup shredded sharp Cheddar cheese

## Directions

Place the crust on an ungreased 12-in. pizza pan. Combine the beans, onion, chili powder, cumin and garlic; spread over crust. Layer with salsa, spinach and cilantro. Sprinkle with hot pepper sauce and cheeses. Bake at 450 degrees F for 8-10 minutes or until golden brown.

# Spinach Salad with Baked Goat Cheese

## Ingredients

8 cups baby spinach, rinsed and dried  
1 tablespoon butter  
1 clove garlic, crushed  
1/4 cup plain bread crumbs  
6 ounces goat cheese, sliced  
8 tablespoons balsamic vinegar  
8 tablespoons olive oil

## Directions

Arrange the spinach on four plates.

In a skillet, melt butter over medium heat, and add crushed garlic. Cook and stir until slightly golden. Stir in breadcrumbs. Drop the goat cheese slices into the breadcrumbs a few at a time, and turn to coat in the breadcrumb mixture.

Place a slice or two of goat cheese on each serving of spinach, and drizzle the salads with olive oil and balsamic vinegar.



# Sausage 'n' Spinach Eggs

## Ingredients

1 pound bulk hot Italian sausage  
2 large onions, finely chopped  
1/2 pound sliced fresh mushrooms  
2 garlic cloves, minced  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/4 teaspoon dried oregano  
1/4 teaspoon pepper  
2 tablespoons olive oil  
8 cups torn fresh spinach  
8 eggs  
1/4 teaspoon hot pepper sauce  
1 cup shredded Monterey Jack cheese

## Directions

Crumble sausage into a 10-in. ovenproof skillet; cook over medium heat until no longer pink. Drain and set aside. In the same skillet, saute the onions, mushrooms, garlic and seasonings in oil until vegetables are tender. Add spinach in batches; cook over medium-low heat for 3-4 minutes or until spinach begins to wilt.

In a large bowl, whisk eggs and hot pepper sauce. Return sausage to skillet; add egg mixture. As eggs set, lift edges, letting uncooked portion flow underneath. Cook until eggs are nearly set, about 8-10 minutes.

Meanwhile, preheat broiler. Broil egg mixture 6 in. from the heat for 30-60 seconds or until set. Sprinkle with cheese; broil 30 seconds longer or until melted. Cut into wedges. Serve immediately.

# Spinach Tomato Tortellini

## Ingredients

1 (16 ounce) package cheese tortellini  
1 (14.5 ounce) can diced tomatoes with garlic and onion  
1 cup chopped fresh spinach  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 teaspoons dried basil  
1 teaspoon minced garlic  
2 tablespoons all-purpose flour  
3/4 cup milk  
3/4 cup heavy cream  
1/4 cup grated Parmesan cheese

## Directions

Bring a large pot of water to a boil. Add the tortellini, and cook until tender, about 10 minutes.

While you get the tortellini going, combine the tomatoes, spinach, salt, pepper, basil and garlic in a large saucepan over medium heat. Cook and stir until the mixture begins to bubble.

In a medium bowl, whisk together the flour, milk and cream. Stir this mixture into the saucepan along with the Parmesan cheese. Heat through, then reduce heat to low, and simmer until thick, about 2 minutes.

Drain the tortellini, but do not rinse, then pour them into the saucepan with the sauce. Stir to coat, and serve.

# Tomato Spinach and Bean Burrito

## Ingredients

- 2 tablespoons olive oil
- 1 cup diced onion
- 3 cloves garlic, minced
- 2 tablespoons chili powder, or to taste
- 1 teaspoon ground cumin
- 1/4 cup water
- 4 cups chopped fresh tomatoes
- 1 (15 ounce) can kidney beans, drained and rinsed
- salt to taste
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 4 (10 inch) flour tortillas
- 1 ripe avocado, sliced
- 4 tablespoons sour cream
- 4 tablespoons salsa

## Directions

Heat oil in a large skillet on medium-high heat. Saute onion and garlic for 5 minutes. Stir in chili powder and cumin, and cook 1 minute. Stir in water, tomato, kidney beans and salt. Bring to a boil, then reduce heat and simmer for 20 minutes.

Stir in spinach and cook 5 minutes more. Spoon 1/4 of the bean mixture into the middle of a warm tortilla. Wrap and garnish with avocado, sour cream and salsa.

# Spinach and Gorgonzola Cheese Ball

## Ingredients

2 (8 ounce) packages cream cheese, softened  
1 (10 ounce) package frozen chopped spinach, thawed and drained  
6 ounces crumbled Gorgonzola cheese  
1/2 cup slivered almonds

## Directions

Stir together cream cheese and spinach in a large bowl; mix well. Gently fold in Gorgonzola crumbles. Shape cheese mixture into a ball. Roll cheese ball in slivered almonds. Wrap well; chill until firm, about 1 hour.

# Strawberry and Spinach Salad with Honey

## Ingredients

1 bunch fresh spinach  
1 cup sliced fresh strawberries  
1/2 cup crumbled Gorgonzola cheese  
1/2 cup raw pecans  
  
1/4 cup balsamic vinegar  
2 tablespoons honey  
1/2 cup olive oil  
salt and ground black pepper to taste

## Directions

Combine the spinach, strawberries, Gorgonzola cheese, and pecans in a large bowl.

Stir the balsamic vinegar and honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously. Season with salt and pepper. Drizzle the dressing over the salad just before serving.

# Spinach Pie V

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 (12 ounce) container small curd cottage cheese  
3/4 cup grated Parmesan cheese  
2 cups shredded Monterey Jack cheese  
1 egg, lightly beaten  
1/2 cup chopped onion  
2 sheets frozen phyllo pastry, thawed

## Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.

In a large bowl, mix spinach, cottage cheese, Parmesan cheese, Monterey Jack cheese, egg, and onion. Spread half the mixture over each phyllo pastry sheet. Roll pastry sheets jelly-roll fashion, pinch ends to seal, and arrange on the prepared baking sheet.

Make a few small slits in the top of each rolled pastry sheet. Bake 40 minutes in the preheated oven, until golden brown.

# Baked Haddock with Spinach and Tomatoes

## Ingredients

1 tablespoon butter  
1 cup thinly sliced onion  
2 (10 ounce) packages chopped frozen spinach, thawed and squeezed dry  
1/4 teaspoon freshly grated nutmeg  
1/2 teaspoon salt  
1 1/2 pounds haddock fillets  
1 (14.5 ounce) can diced Italian plum tomatoes, juices reserved  
1/2 teaspoon dried thyme  
1/4 teaspoon dried tarragon  
1 tablespoon butter  
1 tablespoon minced onion  
1 teaspoon cornstarch

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 2-quart casserole or baking dish large enough to hold haddock fillets in a single layer.

Melt 1 tablespoon of the butter in a skillet over medium heat and cook the onion slices, stirring occasionally, until soft, about 5 minutes. Stir in spinach and nutmeg and cook for about 3 minutes.

Arrange haddock fillets in baking dish. Spoon equal portions of the spinach mixture between the fillets. Spoon drained tomatoes around fillets and sprinkle with the thyme, tarragon and salt.

Bake, uncovered, for 20 to 25 minutes or until fish flakes easily with a fork.

While fish is baking, make the sauce. If necessary add enough water to reserved tomato liquid to make 1 cup. In the skillet, melt the remaining 1 tablespoon butter over medium heat. Stir in the minced onion and cook until soft, about 5 minutes. Add 3/4 cup of the tomato juice to the onions. Bring mixture to a boil. Whisk the cornstarch into the remaining 1/4 cup juice, then add to the skillet. Reduce heat and simmer, stirring, until sauce thickens slightly. Pour sauce over baked fillets and serve.

# Spinach Salad with Peaches and Pecans

## Ingredients

3/4 cup pecans  
2 ripe peaches  
4 cups baby spinach, rinsed and dried  
1/4 cup poppyseed salad dressing

## Directions

Preheat oven to 350 degrees F (175 degrees C). Arrange pecans on a single layer on a baking sheet and roast in preheated oven for 7-10 minutes, until they just begin to darken. Remove from oven and set aside.

Peel peaches (if desired) and slice into bite-sized segments. Combine peaches, spinach and pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing, if necessary.



# Light and Fluffy Spinach Quiche

## Ingredients

1/2 cup light mayonnaise  
1/2 cup milk  
4 eggs, lightly beaten  
8 ounces shredded reduced-fat Cheddar cheese  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1/4 cup chopped onion  
1 (9 inch) unbaked pie shell

## Directions

Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with foil.

In a large bowl, whisk together mayonnaise and milk until smooth. Whisk in eggs. Layer spinach, cheese, and onion in pie shell, making several layers of each. Pour in egg mixture. Place quiche on prepared cookie sheet. Cover quiche with foil.

Bake in preheated oven for 45 minutes. Remove cover, and bake 10 to 15 minutes, or until top is golden brown and filling is set.

# Creamed Spinach

## Ingredients

1 1/2 cups whole milk  
4 (10 ounce) boxes boxes frozen chopped spinach, thawed and squeezed dry; reserve 1/2 cup liquid  
3 large garlic cloves, minced  
2 tablespoons butter  
3 tablespoons all-purpose flour  
1/2 cup grated Parmesan cheese  
1/2 teaspoon ground nutmeg  
Salt and ground black pepper

## Directions

Combine milk, spinach liquid and garlic in a 1-quart microwave-safe measuring cup or small bowl covered with a saucer, and microwave (or heat slowly in a medium saucepan) until very hot and steamy. Let stand for 5 to 10 minutes to soften garlic.

Melt butter in a Dutch oven over medium-high heat. Whisk in flour. Add hot milk mixture all at once, then whisk until smooth. Stir in spinach; cook until sauce is thick and bubbly and spinach is tender but still green, about 5 minutes. Stir in cheese, nutmeg, and a generous sprinkling of salt and pepper. Serve hot.

# Potato Soup with Spinach Dumplings

## Ingredients

2 cups peeled, cubed potatoes  
1/2 cup chopped onion  
1/2 cup chopped sweet red pepper  
2 tablespoons butter or margarine  
3 (14.5 ounce) cans chicken broth  
1 (10 ounce) package frozen chopped spinach, thawed  
1 cup seasoned dry bread crumbs  
1 egg white, lightly beaten  
Chopped fresh parsley

## Directions

In a large saucepan, combine potatoes, onion, red pepper, butter and chicken broth; bring to a boil. Reduce heat; cover and simmer about 10 minutes or until the potatoes are tender. Remove from the heat. In a small bowl, combine the spinach, bread crumbs and egg white; let stand for 15 minutes. Shape into 1-in. balls; add to soup. Return to a boil; reduce heat and simmer 10-15 minutes or until dumplings are firm. Sprinkle with parsley.

# Fresh Spinach Salad

## Ingredients

1/2 cup white sugar  
1/2 cup white vinegar  
1 cup vegetable oil  
2 tablespoons Worcestershire sauce  
1/3 cup ketchup  
1 small onion, chopped  
5 slices bacon  
3 eggs  
1 pound fresh spinach - rinsed, dried and torn into bite size pieces  
1 (4 ounce) can sliced water chestnuts, drained

## Directions

In a blender or food processor, combine sugar, vinegar, oil, Worcestershire sauce, ketchup and onion, and process until smooth. Set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, toss together the spinach, water chestnuts, bacon and eggs. Serve with the dressing.

# Mushroom Spinach Soup

## Ingredients

3 tablespoons butter  
3 leeks, chopped  
2 onions, chopped  
2 cloves garlic, minced  
2 pounds chopped mushrooms  
2 teaspoons dried savory  
1/4 teaspoon dried oregano  
1/3 cup sherry  
9 cups chicken stock  
2 tablespoons tomato paste  
1 bay leaf  
salt to taste  
ground black pepper to taste  
10 leaves fresh spinach

## Directions

Saute butter, leeks, onion, and garlic until clear. Add mushrooms (except the 8 reserved chopped mushrooms), savory, oregano, sherry, stock, tomato paste and bay leaf. Simmer for 30 minutes or so.

Strain out the vegetables.

Stir the reserved mushrooms and spinach leaves into the broth, and cook until spinach is wilted. Add salt and pepper to taste. Serve garnished with Parmesan cheese if desired.

# Cream of Spinach Soup

## Ingredients

1 1/2 cups water  
3 cubes chicken bouillon  
1 (10 ounce) package frozen  
chopped spinach  
3 tablespoons butter  
1/4 cup all-purpose flour  
3 cups milk  
1 tablespoon dried minced onion  
salt and pepper to taste

## Directions

In a medium saucepan, combine water, bouillon, and spinach. Bring to a boil, and cook until spinach is tender.

Melt butter in a large saucepan over medium heat. Stir in flour, and cook for 2 minutes. Gradually whisk in milk. Season with minced onion, salt, and pepper. Cook, stirring constantly, until thickened. Stir in spinach mixture.

# Colorful Spinach and Prosciutto Side

## Ingredients

2 tablespoons olive oil  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
4 ounces thinly sliced prosciutto,  
chopped  
1 (4 ounce) jar roasted red  
peppers, drained and chopped  
1 (6.5 ounce) jar artichoke hearts,  
drained and sliced  
1 tablespoon garlic powder

## Directions

Heat the oil in a large skillet over medium-low heat. Add the spinach, prosciutto, red peppers and artichoke hearts. Season with garlic powder. Cook and stir for 15 minutes, until heated through.

# Curry-Style Chicken and Spinach

## Ingredients

3 tablespoons butter  
2 pounds skinless, boneless  
chicken breast halves - cut into 1  
inch strips  
1/2 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground ginger  
1/4 teaspoon onion powder  
1/8 teaspoon crushed red pepper  
flakes  
2 teaspoons garlic, finely chopped  
1/2 cup chicken broth  
1 (10 ounce) package frozen  
chopped spinach  
1/3 cup heavy cream  
salt to taste

## Directions

Melt the butter in a large skillet over medium-high heat. Cook and stir the chicken in the butter about 5 minutes, until browned.

Season the chicken with the cumin, coriander, ginger, onion powder, and red pepper flakes. Mix in the garlic. Pour the chicken broth into the skillet, and bring the mixture to a boil.

Stir in the spinach and cook about 5 minutes. Mix in the heavy cream, and cook until heated through. Continue cooking until the chicken is no longer pink and juices run clear. Salt to taste.



# Classic Greek Spinach

## Ingredients

1 cup olive oil  
2 onions, chopped  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
2 large tomatoes, coarsely  
chopped  
3 cups water  
1 clove garlic, minced  
1 tablespoon tomato paste  
1 cube beef bouillon  
salt and pepper to taste  
1/2 cup uncooked long-grain  
white rice

## Directions

Heat olive oil in a medium saucepan over medium heat. Stir in onions, and cook until tender. Mix in spinach. Stir in tomatoes. Allow vegetables to simmer about 5 minutes

Pour 2 cups water into saucepan, and bring to a boil. Mix in garlic, tomato paste, bouillon cube, salt and pepper. Reduce heat, and cook at a low boil about 15 minutes, until water is reduced by half.

Stir rice and remaining water into the spinach mixture. Return to boil, reduce heat , and simmer covered 20 minutes, or until rice is tender and fluffy.

# Sausage and Spinach Soup

## Ingredients

vegetable cooking spray  
1/2 pound sweet Italian pork  
sausage, cut into 3/4-inch pieces  
4 cups Swanson® Natural  
Goodness® Chicken Broth  
1/2 teaspoon dried oregano  
leaves, crushed  
1 medium onion, chopped  
1 medium carrot, sliced  
2 cups coarsely chopped fresh  
spinach leaves

## Directions

Spray saucepot with cooking spray and heat over medium-high heat 1 minute. Add sausage and cook until browned, stirring often. Pour off fat.

Add broth, oregano, onion and carrot. Heat to a boil. Cover and cook over low heat 10 minutes or until vegetables are tender.

Stir in spinach and cook 1 minute.

# Spinach Tortellini Soup

## Ingredients

1 (10 ounce) package frozen  
chopped spinach  
2 (14.5 ounce) cans chicken broth  
1 (9 ounce) package cheese  
tortellini  
1/4 tablespoon dried basil  
1/4 tablespoon garlic powder  
salt and pepper to taste

## Directions

In a large pot over high heat, combine the spinach and chicken broth. Heat to boiling, then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness. Season with basil, garlic powder, salt, and pepper.

# Wilted Spinach with Cherries and Goat Cheese

## Ingredients

1 tablespoon olive oil  
2 cloves garlic, minced  
1 small onion, chopped  
1/4 cup dried cherries  
1 cup sliced fresh mushrooms  
1 (10 ounce) bag fresh baby spinach  
2 tablespoons crumbled goat cheese

## Directions

Heat olive oil in a large skillet over very low heat. Add garlic, onion, cherries, and mushrooms; cook and stir, without browning garlic, until onion is tender, about 5 minutes. Toss in spinach, and cook and stir until spinach is just wilted, about 3 minutes.

Remove from heat. Top with crumbled goat cheese just before serving.

# Chicken and Spinach Ravioli

## Ingredients

4 eggs, beaten  
3/4 cup water  
3 3/4 cups sifted all-purpose flour  
1 1/2 teaspoons salt  
  
1/2 pound ground chicken  
3/4 cup chopped fresh spinach  
2 tablespoons finely chopped onion  
3 tablespoons melted butter  
3 tablespoons freshly grated Asiago cheese  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
1/8 teaspoon ground nutmeg  
1 pinch ground black pepper to taste  
1 (16 ounce) jar marinara sauce  
1/4 cup freshly grated Asiago cheese for topping

## Directions

In a bowl, mix the eggs, water, 2 cups flour, and salt. Gradually mix in the remaining flour until smooth. Divide dough into 2 parts. Cover, and set aside in the refrigerator 20 minutes.

In a skillet over medium heat, cook the ground chicken until evenly brown; drain.

In a food processor, mix the chicken, spinach, and onion. Transfer to a bowl, and mix with butter, 3 tablespoons Asiago cheese, salt, garlic powder, nutmeg, and pepper.

On a lightly floured surface, roll out each part of the dough to 1/8 inch thickness. Cut into 2 inch squares. Place about 1 teaspoon of the chicken mixture in the center of 1/2 the squares, and top with remaining squares. Seal the edges of the squares with a moistened fork to form the ravioli.

Bring a large pot of lightly salted water to a boil, and cook the ravioli in small batches for about 8 minutes, or until al dente. Drain, and rinse under cold water.

Place the marinara sauce in a saucepan, and cook until heated through. Serve ravioli topped with marinara sauce and remaining Asiago cheese.

# Spinach and Blue Cheese Soup

## Ingredients

6 tablespoons margarine  
2 cups chopped onion  
1 cup all-purpose flour  
12 cups chicken broth  
4 cups milk  
8 ounces blue cheese, crumbled  
2 (10 ounce) packages frozen  
chopped spinach  
1 cup heavy cream  
salt to taste  
ground cayenne pepper to taste  
1 pound bacon

## Directions

In a large pot over medium heat, combine the butter or margarine and the onions. Saute for about 3 minutes. Add flour and stir well until mixed. Add broth, raise heat to high and bring to a boil. Whisk mixture to keep flour from clumping.

Add milk, reduce heat to medium and simmer for about 5 minutes. Add the blue cheese and stir until blended, then add the spinach and cook 3 more minutes. Add the cream, bring just to a boil, turn off heat and stir well. Add salt and cayenne pepper to taste.

Allow to cool and puree in a food processor or blender a little at a time. Ladle into individual bowls and sprinkle with the bacon. (Note: to serve cold, omit the bacon and add a little freshly squeezed lemon juice.)

# Miso Salmon (Sake Misozuke) with Spinach Sauce

## Ingredients

1 1/2 pounds salmon fillet, cut into 4 portions  
5 teaspoons salt  
1 cup white miso paste  
1/4 cup sake  
1/4 cup mirin (Japanese sweet wine)  
  
1/4 pound spinach leaves  
1 tablespoon water, or as needed  
1/2 cup white miso paste  
1 tablespoon white sugar  
2 egg yolks  
2 tablespoons sake

## Directions

Season salmon fillets with salt. Cover and refrigerate for 1 hour.

Wipe the excess salt from the salmon fillets, and wrap the fillets with 2 layers of cheesecloth. Mix 1 cup miso, 1/4 cup sake, and mirin together in a bowl. Spread both sides of the wrapped fillets with the miso mixture. Place the salmon in an air-tight container, and refrigerate for at least 5 hours, or overnight.

Heat a small saucepan of water over medium-high heat. Add the spinach, and cook until wilted, 1 to 2 minutes. Drain in a colander, and allow to cool. Place spinach in a food processor. Process until smooth, adding water if the spinach becomes too dry. Set aside.

Mix the remaining 1/2 cup of miso with sugar, egg yolks, and 2 tablespoons sake in the top of a double boiler over barely simmering water, stirring frequently and scraping down the sides with a rubber spatula until thickened. Set aside to cool, then stir in the pureed spinach.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Lightly grease a baking sheet. Unwrap the cheesecloth, and scrape off excess miso from the salmon fillets. Arrange fillets on the prepared baking sheet.

Broil in the preheated oven until the salmon is golden, about 4 minutes. Flip the fillet over, then brush with the spinach sauce. Continue broiling until the salmon is cooked through and easily flaked with a fork, about 4 minutes more.

# Spinach Minestrone

## Ingredients

1 large onion, chopped  
1 garlic clove, minced  
4 cups reduced-sodium chicken broth  
1 (16 ounce) can kidney beans, rinsed and drained  
1 (14.5 ounce) can no-salt-added diced tomatoes, undrained  
2 medium carrots, sliced  
1/2 cup uncooked elbow macaroni  
1/4 teaspoon dried oregano  
1 (10 ounce) package frozen chopped spinach, thawed

## Directions

In a saucepan coated with nonstick cooking spray, saute onion and garlic until tender. Add broth, beans, tomatoes, carrots, macaroni and oregano. Cook until vegetables and macaroni are tender, about 20 minutes. Stir in spinach; bring to a boil. Remove from the heat; let stand for 5-10 minutes.



# Spinach, Ham and Cheese Omelet

## Ingredients

2 eggs  
2 tablespoons water  
1 teaspoon butter  
Salt and pepper  
1/4 cup shredded Italian cheese  
blend  
1/4 cup baby spinach  
1/4 cup finely chopped ham

## Directions

Beat eggs and water in small bowl until blended.

Heat butter in 7 to 10-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set immediately at edges.

Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface of eggs is thickened and no visible liquid egg remains, season with salt and pepper. Place cheese on one side of omelet; top with spinach and ham. Fold omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelet onto plate. Serve immediately.

# Tomato Spinach Pizza

## Ingredients

1 1/4 cups water (70 to 80 degrees F)  
2 tablespoons olive oil  
3/4 teaspoon salt  
4 cups all-purpose flour  
1 tablespoon active dry yeast  
TOPPINGS:  
1 tablespoon olive oil  
3 tablespoons grated Parmesan cheese  
1 tablespoon Italian seasoning  
3/4 teaspoon garlic salt  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3 plum tomatoes, thinly sliced  
2 cups shredded part-skim mozzarella cheese

## Directions

In bread machine pan, place the first five ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

When cycle is completed, turn dough onto a lightly floured surface. Roll into a 16-in. x 11-in. rectangle. Transfer to a 15-in. x 10-in. x 1-in. baking pan coated with nonstick cooking spray. Build up edges slightly. Prick dough thoroughly with a fork. Brush with oil; sprinkle with Parmesan cheese, Italian seasoning and garlic salt. Top with spinach, tomatoes and mozzarella cheese.

Bake at 375 degrees F for 17-22 minutes or until crust is golden brown and cheese is melted. Broil 4-6 in. from the heat for 2-3 minutes or until cheese is golden brown.

# Deep Fried Spinach

## Ingredients

4 cups peanut oil for frying  
1 (10 ounce) package washed  
fresh spinach  
salt and pepper to taste

## Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Place a large handful of fresh spinach in fryer basket, and submerge to cook for about thirty seconds. Drain spinach on paper towels, and repeat with remaining batches. Add a little salt and pepper to taste.

# Super Seven Spinach Salad

## Ingredients

1 (6 ounce) package baby spinach leaves  
1/3 cup cubed Cheddar cheese  
1 Fuji apple - peeled, cored and diced  
1/3 cup finely chopped red onion  
1/4 cup sweetened dried cranberries  
1/3 cup blanched slivered almonds  
3 tablespoons poppy seed salad dressing

## Directions

In a large salad bowl, combine the spinach, Cheddar cheese, apple, red onion, cranberries and slivered almonds. Toss with poppy seed dressing just before serving.

# Crustless Mushroom-Spinach Quiche

## Ingredients

1 1/2 cups sliced fresh mushrooms  
1 1/2 cups thinly sliced zucchini  
1 cup chopped green pepper  
1/2 cup chopped onion  
1 clove garlic, minced  
2 teaspoons canola oil  
1 (15 ounce) container part-skim ricotta cheese  
1 1/4 cups egg substitute  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
3/4 cup crumbled feta cheese  
1 tablespoon minced fresh parsley  
1 1/2 teaspoons minced fresh thyme  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 medium tomatoes, seeded and chopped

## Directions

Line the bottom of a 9-in. springform pan coated with nonstick cooking spray with heavy-duty foil; set aside. In a large nonstick skillet, saute the mushrooms, zucchini, green pepper, onion and garlic in oil until tender; drain.

In a large bowl, combine ricotta cheese and egg substitute. Stir in the spinach, feta, parsley, thyme, salt and pepper. Stir in mushroom mixture.

Transfer to prepared pan. Bake at 350 degrees F for 45-55 minutes or until edges are lightly browned and a knife inserted near the center comes out clean. Let stand for 10 minutes. Carefully remove sides of pan. Top each serving with tomatoes.

# Spinach Arancini

## Ingredients

4 cups chicken broth  
1/2 teaspoon saffron threads,  
crumbled  
1 1/2 cups Arborio rice  
sea salt and pepper to taste

1/4 cup extra-virgin olive oil  
1 onion, minced  
3 cloves garlic, minced  
1 cup white wine  
2 cups chopped fresh spinach  
2 tablespoons butter  
1 1/2 cups grated Parmesan  
cheese  
8 ounces mozzarella cheese, cut  
into 1/2 inch cubes  
2 cups all-purpose flour  
2 eggs, lightly beaten  
2 cups seasoned bread crumbs

vegetable oil for deep frying

## Directions

Bring 4 cups chicken broth and saffron threads to a boil in a saucepan over high heat. Stir in Arborio rice, return to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, yet still a little firm, about 16 minutes.

Heat olive oil in a large saucepan over medium heat. Stir in onion, and cook for one minute, then stir in garlic, and continue cooking until the onion has softened and turned translucent, about 3 minutes. Stir in wine, spinach, and butter, and bring to a boil. Reduce heat to medium-low, and fold in cooked rice and Parmesan cheese; cook a few minutes until the mixture is a little stiff. Spread onto a baking sheet, and cool in the refrigerator until completely cold, 4 hours to overnight.

Once the rice mixture has cooled, form the arancini by enclosing a cube of mozzarella cheese in about 3 tablespoons of the rice to form a 1 inch ball; set aside. When you have finished making the balls, place flour, eggs, and bread crumbs into separate, shallow bowls. One-by-one, gently roll the arancini in the flour to coat, then shake off excess. Dip into beaten egg, then roll in bread crumbs; set aside.

Heat the oil in a deep-fryer or electric skillet to 350 degrees F (175 degrees C).

Deep fry the arancini 5 or 6 at a time in the hot oil until golden brown, about 4 minutes. Be sure to roll the arancini around with a metal spoon as they cook so they are evenly browned on all sides. Drain on paper towels, and serve hot.

# Sauteed Spinach and Peppers

## Ingredients

1 large red bell pepper, coarsely chopped  
1 tablespoon olive oil  
1 small red onion, finely chopped  
3 garlic cloves, minced  
8 cups packed fresh spinach  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon sugar

## Directions

In a large nonstick skillet, saute red pepper in oil for 1 minute. Add onion and garlic; saute until tender, about 1-1/2 minutes longer. Stir in the spinach, salt, pepper and sugar; saute for 1-2 minutes or until spinach is wilted and tender. Serve with a slotted spoon.

# Spinach Beef Macaroni Bake

## Ingredients

5 1/4 cups uncooked elbow macaroni  
2 1/2 pounds ground beef  
2 large onions, chopped  
3 large carrots, shredded  
3 celery ribs, chopped  
2 (28 ounce) cans Italian-style diced tomatoes, undrained  
4 teaspoons salt  
1 teaspoon garlic powder  
1 teaspoon pepper  
1/2 teaspoon dried oregano  
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry  
1 cup grated Parmesan cheese

## Directions

Cook macaroni according to package directions. Meanwhile, in a Dutch oven or large kettle, cook the beef, onions, carrots and celery over medium heat until meat is no longer pink; drain. Add the tomatoes, salt, garlic powder, pepper and oregano. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Drain macaroni; add macaroni and spinach to beef mixture. pour into two greased 3-qt. baking dishes. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.



# Warm Spinach Dip

## Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
4 ounces fat free cream cheese  
1/2 cup shredded reduced-fat Cheddar cheese  
1/2 cup reduced-fat sour cream  
1 tablespoon spicy brown mustard  
1 teaspoon minced garlic  
3/4 teaspoon hot pepper sauce  
1/4 teaspoon salt  
Assorted fresh vegetables

## Directions

In a saucepan, combine the first eight ingredients. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 7-8 minutes or until cheese is melted, stirring occasionally. Serve warm with vegetables.

# Easy Spinach Casserole

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach  
1 (8 ounce) package cream  
cheese  
1 teaspoon seasoning salt  
1 cup dried bread crumbs,  
seasoned

## Directions

Thaw spinach and squeeze out water. Soften cream cheese.

In a mixing bowl, combine spinach, cream cheese and seasoning salt. Mix well and spoon into 2 quart casserole dish.

Sprinkle with bread crumbs and bake at 350 degrees F (175 degree C) for 20 minutes.

# Family's Creamed Spinach

## Ingredients

1 (10 ounce) can condensed  
cream of celery soup  
1 tablespoon flour  
4 tablespoons butter or margarine  
1/2 teaspoon garlic salt or minced  
garlic  
salt and pepper to taste  
2 (10 ounce) packages frozen  
spinach - thawed, drained and  
chopped  
1 small onion, chopped

## Directions

Heat soup in a saucepan over medium heat. Stir in flour, butter, garlic salt, and salt and pepper.

Stir in spinach and onion; cook until onion softens, 7 to 10 minutes. Serve warm.

# Spinach Casserole

## Ingredients

2 cups seashell pasta  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
1 (16 ounce) package cottage  
cheese  
1 slice day old bread, toasted  
3 tablespoons melted butter

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a 2 quart casserole dish combine cooked pasta, spinach and cottage cheese; mix well.

In a small bowl crumble the toast and add melted butter. Sprinkle over spinach mixture.

Bake in preheated oven for 15 minutes, or until heated through.

# Spinach Noodles

## Ingredients

1 (10 ounce) package frozen  
chopped spinach, thawed and  
squeezed dry  
2 eggs  
1 teaspoon salt  
2 cups all-purpose flour

## Directions

In a blender or food processor, combine spinach, eggs and salt; process until smooth. Pour into a bowl. Gradually add enough flour to make a firm, but not sticky, dough. On a floured surface, knead about 20 times. Wrap in plastic wrap and let rest 30 minutes. Divide dough in half. On a floured surface, roll each half to 1/16-in. thickness. Roll up jelly-roll style and cut into 1/4-in. slices. Separate the slices and let rest on a clean towel for at least 1 hour. Cook noodles in boiling salted water until tender, about 15-20 minutes; drain.

# Spinach-Sausage Egg Bake

## Ingredients

1 pound bulk Italian sausage  
1/2 cup chopped onion  
1 (7 ounce) jar roasted red peppers, drained and chopped, divided  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 cup all-purpose flour  
1/4 cup grated Parmesan cheese  
1 teaspoon dried basil  
1/2 teaspoon salt  
8 eggs  
2 cups milk  
1 cup shredded provolone cheese

## Directions

In a large skillet, cook sausage and onion over medium heat until meat is no longer pink; drain. Transfer to a greased 3-qt. baking dish. Sprinkle with half of the red peppers; top with spinach. In a bowl, combine the flour, Parmesan cheese, basil and salt. Whisk eggs and milk; stir into flour mixture until blended. Pour over spinach.

Bake, uncovered, at 425 degrees F for 15-20 minutes or until a knife inserted near the center comes out clean. Top with provolone cheese and remaining red peppers. Bake 3-5 minutes longer or until cheese is melted. Let stand for 5 minutes before serving.

# Garlic Spinach Balls

## Ingredients

2 cups crushed seasoned stuffing  
1 cup finely chopped onion  
4 eggs, lightly beaten  
3/4 cup butter, melted  
1/2 cup grated Parmesan cheese  
1 garlic clove, minced  
1 1/2 teaspoons dried thyme  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 (10 ounce) packages frozen  
chopped spinach, thawed and  
squeezed dry

## Directions

In a large bowl, combine the first nine ingredients. Stir in spinach until blended. Roll into 1-in. balls. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 15-20 minutes or until golden brown.

# Spinach Pie I

## Ingredients

6 slices bacon  
3 cups spinach, rinsed and chopped  
3 eggs  
2 teaspoons white sugar  
1 teaspoon salt  
1/2 teaspoon onion powder  
1/8 teaspoon ground black pepper  
1/2 cup minced onion  
1 clove garlic, minced  
1 cup shredded Monterey Jack cheese  
2 cups scalded milk  
1 recipe pastry for a 9 inch single crust pie

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange bacon slices in a medium skillet. Fry over medium-high heat until browned and slightly crisp. Drain on paper towels, then crumble into bottom of pie shell. Cover with spinach.

In a medium bowl, beat together eggs, sugar, salt, onion powder, minced onion, garlic, and pepper. Slowly add scalded milk. Pour mixture over spinach in shell. Top with shredded Jack Cheese.

Bake in preheated oven for 20 to 30 minutes, or until knife inserted in the center comes out clean.



# Raspberry Spinach Salad

## Ingredients

3 tablespoons vegetable oil  
2 tablespoons raspberry vinegar  
2 tablespoons raspberry jam  
1/8 teaspoon pepper  
8 cups torn fresh spinach  
2 cups fresh raspberries, divided  
4 tablespoons slivered almonds,  
toasted and divided  
1/2 cup thinly sliced onion  
3 kiwifruit, peeled and sliced  
1 cup seasoned salad croutons

## Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, jam and pepper; shake well. In a large salad bowl, gently combine spinach, 1 cup of raspberries, 2 tablespoons almonds and onion. Top with kiwi, croutons and remaining berries and almonds. Drizzle with dressing; serve immediately.

# Avocado Watermelon Spinach Salad

## Ingredients

2 large avocados - peeled, pitted and diced  
4 cups cubed watermelon  
4 cups fresh spinach leaves  
1 cup balsamic vinaigrette salad dressing

## Directions

In a salad bowl, toss together the avocado, watermelon cubes and spinach. Stir in salad dressing just before serving.

# Parmesan Spinach Balls

## Ingredients

2 (10 ounce) packages frozen chopped spinach, thawed and drained  
2 cups Italian-style seasoned bread crumbs  
1 cup grated Parmesan cheese  
1/2 cup butter, melted  
4 small green onion, finely chopped  
4 eggs, lightly beaten  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, mix the frozen chopped spinach, Italian-style seasoned bread crumbs, Parmesan cheese, butter, green onion, eggs, salt and pepper. Shape the mixture into 1 inch balls.

Arrange the balls in a single layer on a large baking sheet. Bake in the preheated oven 10 to 15 minutes, until lightly browned.

# Spinach Cheddar Muffins

## Ingredients

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons butter, melted
- 1 egg
- 1 cup whole milk
- 1/2 cup frozen chopped spinach - thawed, drained and squeezed dry
- 1 cup shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease 12 cup muffin cups.

Mix the flour, baking powder, baking soda, and salt together in a mixing bowl.

Stir the melted butter, egg, milk, spinach, and Cheddar cheese together in a large mixing bowl until evenly blended. Slowly stir in the flour mixture to form a batter. Spoon about 2 tablespoons into each muffin cup.

Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 35 minutes.

# Amazing Artichoke and Spinach Dip

## Ingredients

1 (6 ounce) jar marinated artichoke hearts, drained and chopped  
1 small onion, finely chopped  
1 cup creamy salad dressing, e.g. Miracle Whip  
1 cup mayonnaise  
1/2 cup sour cream  
1/2 cup shredded Swiss cheese  
1/2 cup shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
1/4 cup grated Romano cheese  
1 teaspoon garlic powder  
salt and pepper to taste  
1 (10 ounce) box frozen chopped spinach, thawed and drained  
1/4 cup grated Parmesan cheese

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Combine the artichoke hearts, onion, salad dressing, mayonnaise, sour cream, Swiss cheese, mozzarella cheese, 1/2 cup Parmesan cheese, Romano cheese, garlic powder, salt, and pepper in a large mixing bowl; mix evenly. Gently fold the spinach into the mixture; spread into the bottom of an 8x8 casserole pan. Sprinkle 1/4 cup Parmesan cheese over the top. Cover with aluminum foil.

Bake in preheated oven 15 minutes. Remove the aluminum foil and bake until top begins to brown, about 10 minutes more. Allow to cool 10 to 15 minutes before serving.

# Spinach-Stuffed Chicken

## Ingredients

6 cups torn fresh spinach  
1/2 cup chopped onion  
1/2 cup chopped fresh mushrooms  
1 garlic clove, minced  
1 tablespoon olive or canola oil  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon pepper  
6 boneless skinless chicken breast halves (1-1/2 pounds)  
1/2 cup dry bread crumbs  
3 tablespoons grated Parmesan cheese  
1/2 teaspoon paprika  
1/4 cup egg substitute  
1 tablespoon water  
2 tablespoons butter or stick margarine, melted

## Directions

In a large nonstick skillet, cook spinach in 1/2 in. of water over medium heat just until wilted, about 2 minutes. Drain and set spinach aside. In the same skillet, saute the onion, mushrooms and garlic in oil until tender. Stir in the seasonings; add spinach and set aside.

Flatten chicken to 1/4-in. thickness. Spread spinach mixture down the center of each chicken breast. Fold one side over filling and roll up tightly; secure with a toothpick. In a shallow bowl, combine bread crumbs, Parmesan cheese and paprika. In another bowl, combine egg substitute and water. Dip each roll-up in egg mixture, then roll in crumb mixture.

Place seam side down, in a 13-in. x 9-in. x 2-in. baking pan coated with nonstick cooking spray. Drizzle with butter. Bake, uncovered, at 350 degrees F for 20-25 minutes or until juices run clear. Discard toothpicks.

# Baby Spinach Omelet

## Ingredients

2 eggs  
1 cup torn baby spinach leaves  
1 1/2 tablespoons grated  
Parmesan cheese  
1/4 teaspoon onion powder  
1/8 teaspoon ground nutmeg  
salt and pepper to taste

## Directions

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

# Cranberry Spinach Salad

## Ingredients

1 (6 ounce) package fresh baby spinach  
1/2 cup chopped pecans, toasted  
1/2 cup dried cranberries  
1/3 cup olive or vegetable oil  
3 tablespoons sugar  
2 tablespoons red wine or balsamic vinegar  
1 tablespoon sour cream  
1/2 teaspoon Dijon mustard

## Directions

In a bowl, combine the spinach, pecans and cranberries. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat; serve immediately.



# Meat and Spinach Ravioli Filling

## Ingredients

- 1 pound ground beef
- 1 1/2 cups fresh spinach
- 5 tablespoons grated Parmesan cheese
- 1 1/4 tablespoons dried parsley
- 1/4 cup bread crumbs
- 1/4 cup olive oil
- 1 large egg
- 1/2 teaspoon garlic salt
- 1 pinch black pepper

## Directions

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the spinach and cook until wilted, about 1 to 2 minutes. Remove from heat and allow to cool for 10 minutes.

Transfer the beef mixture to a bowl. Add the Parmesan, parsley, bread crumbs, olive oil, egg, garlic salt, and pepper and mix well. Run the filling through a grinder until smooth (or puree in a food processor until smooth).

The filling can be kept in the refrigerator for up to four days or in the freezer for up to three months.

# Flat Iron Steak and Spinach Salad

## Ingredients

2 pounds flat iron steak  
salt and ground black pepper to taste  
2 tablespoons olive oil  
1 large red onion, thinly sliced  
1/2 cup Italian salad dressing  
3 large red bell peppers, cut into 1/2 inch strips  
2 portobello mushrooms, sliced  
1/2 cup red wine  
4 cups baby spinach leaves  
1/2 cup crumbled blue cheese

## Directions

Preheat an outdoor grill for medium-high heat; lightly oil the grate.

Season the flat iron steak on both sides with salt and pepper. Cook to desired degree of doneness on preheated grill, about 5 minutes per side for medium-rare. Let rest in a warm area while proceeding with the recipe.

Heat olive oil in a large skillet over medium-high heat. Stir in the onion, and cook until it begins to soften, about 4 minutes. Pour in the Italian salad dressing, and bring to a boil, then stir in the red peppers and mushrooms. Reduce heat to medium, and cook until the peppers are tender, about 5 minutes.

Remove the vegetables from the skillet with a slotted spoon, and set aside. Increase the heat to medium-high, and add the red wine. Simmer the salad dressing and wine until it has reduced to a syrupy sauce, about 5 minutes.

Meanwhile, divide the spinach leaves onto serving plates. Thinly slice the flat iron steak across the grain. Spoon the warm, cooked vegetable mixture over the spinach leaves, then place the sliced steak on top. Spoon on the reduced red wine sauce, and finally, sprinkle with blue cheese.

# Spinach Pomegranate Salad

## Ingredients

1 (10 ounce) bag baby spinach leaves, rinsed and drained  
1/4 red onion, sliced very thin  
1/2 cup walnut pieces  
1/2 cup crumbled feta  
1/4 cup alfalfa sprouts (optional)  
1 pomegranate, peeled and seeds separated  
4 tablespoons balsamic vinaigrette

## Directions

Place spinach in a salad bowl. Top with red onion, walnuts, feta, and sprouts. Sprinkle pomegranate seeds over the top, and drizzle with vinaigrette.

# Spinach and Tomato Rotini

## Ingredients

1 (9 ounce) box frozen creamed spinach, thawed  
1/2 pound uncooked rotini pasta  
2 cloves garlic, minced  
2 teaspoons olive oil  
2 plum tomatoes, diced

## Directions

Bring a pot of water to a rolling boil over high heat. Remove creamed spinach pouch from the box and place pouch in boiling water. Boil until heated through, 35 to 40 minutes, rotating serving times during heating.

Meanwhile, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Combine garlic, olive oil, and tomatoes in a large bowl. Stir in the heated creamed spinach. Serve over rotini.

# Cindy's Tuna, Spinach, and Bacon Quiche

## Ingredients

2 eggs  
1/2 cup milk  
1/2 cup blue cheese salad dressing  
1 teaspoon cornstarch  
1/4 cup thawed frozen chopped spinach  
1 (12 ounce) can solid white tuna packed in water, drained  
3 slices bacon strips, cooked and chopped  
6 ounces Swiss cheese, shredded  
1 (9 inch) unbaked pie shell

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Whisk together eggs, milk, blue cheese dressing, and cornstarch in a bowl until smooth. Fold in spinach, tuna, bacon, and Swiss cheese until evenly mixed. Pour into pie shell.

Bake in preheated oven until a knife inserted into the center comes out clean, 30 to 35 minutes.

# Almond Spinach Salad

## Ingredients

1 tablespoon Dijon-style mustard  
1/2 teaspoon finely minced garlic  
1 teaspoon sugar  
2 tablespoons freshly squeezed lemon juice  
1 teaspoon white wine vinegar  
1/2 cup extra-virgin olive oil  
1 (5 ounce) bag baby spinach  
1/2 cup dried cranberries  
4 ounces fresh goat cheese, crumbled  
CANDIED ALMONDS  
1/2 cup sugar  
2 tablespoons water  
1 drop freshly squeezed lemon juice  
3/4 cup roughly chopped or slivered California Almonds

## Directions

For vinaigrette, stir together mustard, garlic, sugar, lemon juice and vinegar in a medium bowl. Gradually whisk in olive oil until mixture is smooth and glossy.

For candied almonds, preheat oven to 250 degrees F. Place a sheet of well-oiled foil on countertop. Place sugar in a very clean medium saucepan and cover with 2 tablespoons water and lemon juice. Place almonds on a baking sheet and place in oven. Bring sugar and water to a boil, and boil until sugar turns deep golden brown, swirling occasionally to ensure even color. Stir in warm almonds, and immediately spread coated almonds onto prepared foil. (Take care not to touch them--caramelized sugar is extremely hot.) Cool completely, then chop roughly or break into small pieces.

To assemble salad, place spinach, candied almonds, cranberries and goat cheese in a large bowl. Toss lightly with dressing and serve immediately.

# Fruited Spinach Salad

## Ingredients

1 (11 ounce) can mandarin oranges  
1/4 cup olive or vegetable oil  
3 tablespoons raspberry jam or spreadable fruit  
1 tablespoon red wine vinegar  
1 (10 ounce) package fresh spinach, torn  
1 red apple, chopped  
1 cup chopped pecans, toasted

## Directions

Drain oranges, reserving 1/2 cup juice. In a jar with tight-fitting lid, combine oil, jam, vinegar and reserved juice; shake well. In a large salad bowl, toss oranges, spinach, apple and pecans. Serve with the dressing.

# Spinach Skillet Bake

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (10 ounce) package frozen  
chopped spinach  
1 (4 ounce) can mushroom stems  
and pieces, drained  
1 teaspoon garlic salt  
1 teaspoon dried basil  
1/4 cup butter or margarine  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
2 cups milk  
1 cup shredded Monterey Jack or  
mozzarella cheese

## Directions

In an ovenproof skillet, cook beef and onion over medium heat until no longer pink; drain. Add the spinach, mushrooms, garlic salt and basil. Cover and cook for 5 minutes. In a saucepan, melt butter. Stir in the flour and salt until smooth. Gradually add milk. bring to a boil; cook and stir for 2 minutes or until thickened. Pour over meat mixture; mix well. Sprinkle with cheese. Bake, uncovered, at 350 degrees F for 20-30 minutes or until heated through.



# Potato and Spinach Croquettes

## Ingredients

- 1 pound baking potatoes, peeled and diced
- 1 pinch ground nutmeg
- 4 teaspoons butter
- 1 egg yolk
- 1 cup vegetable oil for frying
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup frozen chopped spinach, thawed and drained
- 1/2 cup all-purpose flour
- 3 eggs, beaten
- 1 tablespoon peanut oil
- 1 1/3 cups dry bread crumbs

## Directions

Place the potatoes into a saucepan and fill with enough water to cover. Bring to a boil, then reduce the heat and simmer until tender enough to easily pierce with a fork. Drain and toss gently over low heat for a minute to completely dry out. Press them through a sieve or just mash with a potato masher until smooth. Season with salt, pepper and nutmeg. Mix in the butter and egg yolk, then spread out on a tray to cool.

Preheat the oil in a deep-fryer to 365 degrees F (180 degrees C). The oil is the proper temperature when a cube of bread browns in about 15 seconds.

In a large bowl, mix together the Parmesan cheese and spinach. Blend in the mashed potatoes. On a floured surface, using floured hands, roll small handfuls of the mixture into cylinders about 3/4 inch thick and 2 1/2 inches long. Tap the ends to flatten.

Season 1/2 cup of flour with salt and pepper and place on a tray. In a shallow bowl, whisk together the eggs and peanut oil. Place the bread crumbs into a separate shallow bowl. Roll the croquettes in seasoned flour, then dip into the egg and then coat with bread crumbs.

Fry the croquettes a few at a time, so they have some room in between, until golden brown, 5 to 6 minutes. Carefully remove from the oil using a slotted spoon and drain on crumpled paper towels.

# Creamy Spinach Dip

## Ingredients

3 (8 ounce) packages cream  
cheese, softened  
1/2 cup plain yogurt  
1/2 cup cottage cheese  
2 (14 ounce) cans spinach  
1/4 cup diced onion  
salt to taste

## Directions

In a large bowl, blend the cream cheese, yogurt and cottage cheese. Mix in the spinach, onion and salt. Refrigerate 2 to 3 hours before serving.

# Spinach and Sweet Corn Mashed Potatoes

## Ingredients

1 1/2 pounds new potatoes,  
scrubbed and quartered  
1/4 teaspoon salt  
1/2 cup butter, softened  
1/2 cup heavy cream  
salt and pepper to taste  
1 tablespoon olive oil  
1 1/2 cups whole kernel corn  
1 (10 ounce) package fresh  
spinach, stems removed  
1 1/2 teaspoons minced garlic

## Directions

Place potatoes in a pot and cover with water. Bring to a boil and add 1/4 teaspoon salt. Boil until potatoes are tender, about 15 minutes. Drain water and mash potatoes together with butter and heavy cream until light and fluffy. Season with salt and pepper to taste.

Heat a large skillet over medium heat. Pour in olive oil and saute corn 2 to 3 minutes. Stir spinach and garlic into skillet and saute an additional 1 minute, until spinach is wilted. Fold mixture into mashed potatoes. Adjust seasonings and serve immediately.

# Hot Mexican Spinach Dip

## Ingredients

1 (16 ounce) jar salsa  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
drained  
2 cups shredded Monterey Jack  
cheese  
1 (8 ounce) package cream  
cheese, diced and softened  
1 cup evaporated milk  
1 (2.25 ounce) can chopped black  
olives, drained  
1 tablespoon red wine vinegar  
salt and pepper to taste

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium baking dish, mix together salsa, chopped spinach, Monterey Jack cheese, cream cheese, evaporated milk, black olives, red wine vinegar, salt and pepper.

Bake mixture in the preheated oven 12 to 15 minutes, or until bubbly.

# Unique Spinach Noodles

## Ingredients

1 1/4 cups torn spinach leaves  
2 tablespoons water  
1 egg  
1/2 teaspoon salt  
1 1/4 cups all-purpose flour

## Directions

Combine spinach and water in a saucepan. Cover, and cook till spinach is very tender. Cool slightly.

Place spinach and liquid in blender container. Add egg and salt. Cover, and blend till smooth. Transfer to a bowl. Add enough flour to make a stiff dough.

Turn dough out onto a lightly floured surface. Knead for 1 minute. Roll very thin on a floured surface. Let rest 20 minutes. Roll up loosely. Slice 1/4 inch wide. Unroll. Cut into desired lengths. Spread out on a rack to dry for 2 hours.

# Superstar Spinach Salad

## Ingredients

1/2 cantaloupe, seeded and peeled  
7 cups torn fresh spinach  
1 1/2 cups cubed fully cooked ham  
1 cup thinly sliced red onion  
1/2 cup halved green grapes  
DRESSING:  
3 tablespoons sugar  
2 tablespoons orange juice  
2 tablespoons vinegar  
1 tablespoon chopped onion  
1 1/2 teaspoons grated orange peel  
Dash pepper  
1/3 cup vegetable oil  
1 teaspoon poppy seeds  
1/3 cup chopped pecans, toasted

## Directions

Cut melon half into 1/2-in. rings. Cut rings with a 1-1/2-in. star-shaped cookie cutter or into 1-in. pieces; place in a bowl. Add spinach, ham, onion and grapes. Chill for at least 2 hours. Place sugar, orange juice, vinegar, onion, orange peel and pepper in a blender; cover and blend until smooth. With blender running, gradually add oil until slightly thickened. Stir in poppy seeds. Cover and chill. Just before serving, pour dressing over salad and toss. Top with pecans.

# Jamie's Cranberry Spinach Salad

## Ingredients

1 tablespoon butter  
3/4 cup almonds, blanched and slivered  
1 pound spinach, rinsed and torn into bite-size pieces  
1 cup dried cranberries  
2 tablespoons toasted sesame seeds  
1 tablespoon poppy seeds  
1/2 cup white sugar  
2 teaspoons minced onion  
1/4 teaspoon paprika  
1/4 cup white wine vinegar  
1/4 cup cider vinegar  
1/2 cup vegetable oil

## Directions

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

In a large bowl, combine the spinach with the toasted almonds and cranberries.

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

# Espinacas con Garbanzos (Spinach with Garbanzo

## Ingredients

1 tablespoon extra-virgin olive oil  
4 cloves garlic, minced  
1/2 onion, diced  
1 (10 ounce) box frozen chopped spinach, thawed and drained well  
1 (12 ounce) can garbanzo beans, drained  
1/2 teaspoon cumin  
1/2 teaspoon salt

## Directions

Heat the olive oil in a skillet over medium-low heat. Cook the garlic and onion in the oil until translucent, about 5 minutes. Stir in the spinach, garbanzo beans, cumin, and salt. Use your stirring spoon to lightly mash the beans as the mixture cooks. Allow to cook until thoroughly heated.



# Spinach Cheese Puffs

## Ingredients

1 cup milk  
1/2 cup butter (no substitutes)  
1 teaspoon salt  
1 cup all-purpose flour  
4 eggs  
1 (10 ounce) package frozen  
chopped spinach, thawed and  
well drained  
1 cup shredded Swiss cheese  
1/2 cup grated Parmesan cheese

## Directions

In a saucepan, bring the milk, butter and salt to a boil over medium heat. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until the mixture is smooth and shiny. Stir in spinach and cheese. Line baking sheets with foil and grease the foil. Drop batter by tablespoonfuls 1-1/2 in. apart onto prepared baking sheets. Bake at 375 degrees F for 23-28 minutes or until puffed and golden brown. Remove to wire racks. Serve warm. Refrigerate any leftovers.

# Spinach Cheese Pie

## Ingredients

1 (10 ounce) bag fresh spinach - rinsed, dried and torn into bite size pieces  
1 (24 ounce) carton ricotta cheese  
1/2 cup grated Parmesan cheese  
3 eggs, beaten  
1/4 cup chopped red bell pepper

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9 inch deep-dish pie plate.

In a large bowl, stir together the spinach, ricotta cheese, Parmesan cheese, eggs and bell pepper. Spread in the prepared pie dish so that it is a little thinner in the middle.

Bake for 40 to 45 minutes in the preheated oven, until the center is set, and the edges are lightly browned.

# Layered Spinach Salad

## Ingredients

1 (9 ounce) package refrigerated cheese tortellini  
2 cups shredded red cabbage  
6 cups torn fresh spinach  
2 cups cherry tomatoes, halved  
1/2 cup sliced green onions  
1 (8 ounce) bottle Ranch salad dressing  
8 bacon strips, cooked and crumbled (optional)

## Directions

Cook tortellini according to package directions. Drain and rinse with cold water; set aside. In a large glass bowl, layer cabbage, spinach, tortellini, tomatoes and onions. Pour dressing over top; sprinkle with bacon if desired. Cover and refrigerate for at least 1 hour.

# Chicken Strawberry Spinach Salad with Ginger-

## Ingredients

2 teaspoons corn oil  
1 skinless, boneless chicken breast half - cut into bite-size pieces  
1/2 teaspoon garlic powder  
1 1/2 tablespoons mayonnaise  
1/2 lime, juiced  
1/2 teaspoon ground ginger  
2 teaspoons milk  
2 cups fresh spinach, stems removed  
4 fresh strawberries, sliced  
1 1/2 tablespoons slivered almonds  
freshly ground black pepper to taste

## Directions

Heat oil in a skillet over medium heat. Place chicken in skillet, season with garlic powder and cook 10 minutes on each side or until juices run clear. Set aside.

In a bowl, mix mayonnaise, lime juice, ginger and milk.

Arrange spinach on serving dishes. Top with chicken and strawberries, sprinkle with almonds and drizzle with dressing. Season with pepper to serve.

# Lime-Garlic Chicken and Spinach Salad

## Ingredients

4 skinless, boneless chicken breast halves - cut into thin strips  
1/2 onion, chopped  
2 tablespoons minced garlic  
1 teaspoon fresh ground black pepper  
1 pinch salt  
1 teaspoon flour  
1/4 cup fresh lime juice, or to taste  
4 1/2 cups baby spinach leaves

## Directions

Place chicken, onions, garlic, salt, pepper, and flour in a resealable bag. Stir in the lime juice. Allow to sit for a few minutes to marinate.

Spray a non-stick frying pan with olive oil cooking spray and place over medium heat. Pour in the entire contents of the bag and cook until the onion has softened (there is no need to brown). Add additional lime juice to taste. Serve over spinach.

# Spanakopita (Greek Spinach Pie)

## Ingredients

- 3 tablespoons olive oil
- 1 large onion, chopped
- 1 bunch green onions, chopped
- 2 cloves garlic, minced
- 2 pounds spinach, rinsed and chopped
- 1/2 cup chopped fresh parsley
- 2 eggs, lightly beaten
- 1/2 cup ricotta cheese
- 1 cup crumbled feta cheese
- 8 sheets phyllo dough
- 1/4 cup olive oil

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x9 inch square baking pan.

Heat 3 tablespoons olive oil in a large skillet over medium heat. Saute onion, green onions and garlic, until soft and lightly browned. Stir in spinach and parsley, and continue to saute until spinach is limp, about 2 minutes. Remove from heat and set aside to cool.

In a medium bowl, mix together eggs, ricotta, and feta. Stir in spinach mixture. Lay 1 sheet of phyllo dough in prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top, brush with olive oil, and repeat process with two more sheets of phyllo. The sheets will overlap the pan. Spread spinach and cheese mixture into pan and fold overhanging dough over filling. Brush with oil, then layer remaining 4 sheets of phyllo dough, brushing each with oil. Tuck overhanging dough into pan to seal filling.

Bake in preheated oven for 30 to 40 minutes, until golden brown. Cut into squares and serve while hot.

# Beef Spinach Hot Dish

## Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (4 ounce) can mushroom stems and pieces, drained
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/4 teaspoon pepper
- 2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry
- 1 (10.75 ounce) can condensed cream of celery soup, undiluted
- 1 cup sour cream
- 2 cups shredded mozzarella cheese, divided

## Directions

In a large skillet, cook beef, onion and garlic over medium heat until the meat is no longer pink; drain. Stir in the mushrooms, salt, oregano and pepper. Add the spinach, soup and sour cream. Stir in half of the mozzarella cheese.

Transfer to a greased 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 15 minutes. Sprinkle with the remaining cheese; bake 5 minutes longer or until cheese is melted.

# World's Easiest Spinach Spread

## Ingredients

2 tablespoons extra virgin olive oil  
8 ounces fresh baby spinach  
1 whole head garlic, peeled  
1/4 cup grated Romano cheese

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Wrap garlic cloves in aluminum foil, and bake for 45 minutes, or until soft.

Bring 3 inches of water to a boil in a large saucepan. Add spinach, cover, and cook for about 2 minutes, just until wilted and soggy. Remove from heat and drain.

Mix the garlic, spinach, olive oil, and Romano cheese. In small batches, use a food processor to process to your desired consistency. Transfer to a serving dish.



# Spinach Quiche with Kid Appeal

## Ingredients

1 (9 inch) refrigerated pie crust  
3 tablespoons olive oil  
1 small onion, thinly sliced and quartered  
1 cup frozen chopped spinach, thawed and drained well  
8 eggs  
1 clove garlic, minced  
1 teaspoon dried thyme  
1 teaspoon dried basil  
2 tablespoons grated Pecorino Romano cheese  
1 cup shredded Mozzarella cheese  
salt and ground black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Bring the pie crust to room temperature.

Heat the olive oil in a skillet over medium heat; add the onion and cook until onion becomes transparent, about 5 minutes. Combine the spinach with the onion, cover the skillet; turn off the heat, and set aside.

Unroll the crust and press to fit into a 9 inch pie plate. Trim the edges.

Beat the eggs in a large bowl until light colored and frothy. Add the garlic, thyme, basil, cheeses, and spinach mixture, and stir until well blended. Season to taste with salt and pepper. Pour the spinach mixture into the prepared pie crust.

Bake in preheated oven until the top is golden brown, and an inserted tooth pick comes out clean, about 50 minutes.

# Spinach with Chickpeas and Fresh Dill

## Ingredients

2 tablespoons olive oil  
1 large onion, thinly sliced  
1 1/2 cups canned chickpeas,  
drained  
1 pound spinach  
1/2 cup minced fresh dill weed  
2 lemons, juiced  
salt and pepper to taste

## Directions

In a large skillet, heat olive oil over medium heat. Add onion, and saute until soft. Add chickpeas, and toss to coat in oil.

Clean spinach and cut away thick stems; add undrained spinach and dill to skillet, and cook until spinach is tender.

Stir in lemon juice, and season with salt and pepper to taste. Serve warm.

# Sausage Spinach Bake

## Ingredients

1 (6 ounce) package savory herb-flavored stuffing mix  
1/2 pound bulk pork sausage  
1/4 cup chopped green onions  
1/2 teaspoon minced garlic  
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry  
1 1/2 cups shredded Monterey Jack cheese  
1 1/2 cups half-and-half cream  
3 eggs  
2 tablespoons grated Parmesan cheese

## Directions

Prepare stuffing according to package directions. Meanwhile, crumble sausage into a large skillet; add onions and garlic; cook over medium heat until meat is no longer pink.

In a large bowl, combine the stuffing, sausage mixture and spinach. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish; sprinkle with Monterey Jack cheese. In a small bowl, combine cream and eggs; pour over sausage mixture.

Bake at 400 degrees F for 30 minutes. Sprinkle with Parmesan cheese; bake 5 minutes longer or until a knife inserted near the center comes out clean.

# Spinach and Goat Cheese Salad with Beetroot

## Ingredients

1 cup walnuts, coarsely chopped  
2 tablespoons white sugar  
1/3 (15 ounce) can pickled beets  
1/4 cup cider vinegar  
1 teaspoon chicken bouillon granules  
1/2 teaspoon garlic powder  
1 teaspoon white sugar  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 cup vegetable oil  
1/2 pound baby spinach, rinsed and dried  
4 ounces goat cheese, crumbled

## Directions

In small saucepan over medium heat, cook and stir the walnuts and sugar until walnuts are lightly browned and sugar is caramelized. Thoroughly coat the walnuts with the sugar.

In a blender or food processor, blend the beets with cider vinegar, bouillon granules, garlic powder, sugar, salt, and pepper. Gradually blend in the oil.

In a large bowl, toss together the sugar-coated walnuts and spinach. Before serving, drizzle with the blended beet mixture, toss, and sprinkle with goat cheese.

# Spinach, Ricotta and Pumpkin Lasagna

## Ingredients

1 pound peeled and seeded pumpkin, cut into pieces  
1 tablespoon butter, softened  
1 teaspoon ground cinnamon  
sea salt and ground black pepper to taste

2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup milk  
2 bay leaves

1 tablespoon olive oil  
1 onion, thinly sliced  
1 fennel bulb, thinly sliced  
4 cloves garlic, minced  
1 (10 ounce) bag baby spinach  
1 (16 ounce) container low-fat ricotta cheese  
1 1/2 teaspoons ground nutmeg

1 tablespoon olive oil  
1/2 pound lean ground beef  
2 tablespoons tomato paste  
1 (14.25 ounce) can tomato puree  
12 dry lasagna noodles  
1/3 cup freshly grated Parmesan

## Directions

Fill a saucepan with 1/2 inch of water, then add pumpkin pieces. Bring to a boil over high heat, then reduce heat to medium-low, cover, and steam until the pumpkin is very tender, 10 to 15 minutes. Drain pumpkin, then mash with 1 tablespoon butter, cinnamon; salt and pepper to taste, then set aside.

Melt 2 tablespoons butter in a saucepan over medium heat. Whisk in flour and cook, stirring constantly, until the paste just begins to turn golden, about 2 minutes. Whisk in milk gradually so that no lumps form. Bring to a gentle boil. Add the bay leaves, and reduce heat to low or warm. Allow to gently cook for 10 to 15 minutes, stirring frequently, then remove from heat.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Stir in onion, fennel, and garlic; cook until the onion has softened and turned translucent, about 5 minutes. Add spinach and cook until wilted. Scrape mixture into a large bowl, and mix well with ricotta cheese and nutmeg.

Using the same skillet, heat another 1 tablespoon olive oil over high heat. Brown ground beef in oil, mixing thoroughly to break into small pieces. Once browned, reduce heat to medium-low and pour off excess grease. Stir in tomato paste and tomato puree. Gently simmer until thickened, about 10 minutes.

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch lasagna dish.

Line the bottom of the lasagna dish with 4 noodles, do not overlap. Spread the ricotta mixture evenly over noodles, then sprinkle with 1/3 of the Parmesan cheese. Place another 4 noodles on top of the ricotta, then spread with evenly with the mashed pumpkin. Place the remaining 4 noodles on top of the pumpkin and top with the tomato sauce; sprinkle with another 1/3 of the Parmesan cheese. Stir the white sauce until smooth, then discard the bay leaves; pour the sauce over top of the lasagna. Sprinkle with remaining Parmesan cheese.

Place lasagna dish onto a foil-lined baking sheet (to catch any spills). Bake in preheated oven until the noodles have softened, and the white sauce has turned bubbly and golden brown, about 30 minutes.

# Artichoke Spinach Lasagna

## Ingredients

cooking spray  
9 uncooked lasagna noodles  
1 onion, chopped  
4 cloves garlic, chopped  
1 (14.5 ounce) can vegetable broth  
1 tablespoon chopped fresh rosemary  
1 (14 ounce) can marinated artichoke hearts, drained and chopped  
1 (10 ounce) package frozen chopped spinach, thawed, drained and squeezed dry  
1 (28 ounce) jar tomato pasta sauce  
3 cups shredded mozzarella cheese, divided  
1 (4 ounce) package herb and garlic feta, crumbled

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.

Bring a large pot of lightly salted water to a boil. Add noodles and cook for 8 to 10 minutes or until al dente; drain.

Spray a large skillet with cooking spray and heat on medium-high. Sauté onion and garlic for 3 minutes, or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.

Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with 3 cooked noodles. Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese. Sprinkle crumbled feta on top.

Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly. Let stand 10 minutes before cutting.

# Spinach Bacon Quiche

## Ingredients

4 eggs  
2 cups milk  
1 1/4 cups shredded Cheddar cheese, divided  
1/4 cup finely chopped onion  
4 bacon strips, cooked and crumbled  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
1/4 teaspoon paprika  
1 (10 ounce) package frozen chopped spinach, cooked and drained  
1 (9 inch) unbaked pastry shell

## Directions

In a large bowl, beat eggs; whisk in milk, 1 cup cheese, onion, bacon, salt, mustard and paprika. Add spinach. Pour into pie shell. Sprinkle with the remaining cheese. Bake at 400 degrees F for 40 minutes or until a knife inserted halfway between the center and the edge comes out clean.

# Cheesy Fish Fillets with Spinach

## Ingredients

2 tablespoons butter  
2 tablespoons flour  
1 teaspoon instant chicken  
bouillon  
1 dash nutmeg  
dash cayenne pepper  
1 dash white pepper  
1 cup milk  
2/3 cup shredded Swiss or  
Cheddar cheese  
1 (10 ounce) package frozen  
chopped spinach, thawed, well  
drained  
1 tablespoon lemon juice  
1 pound fish fillets, cut into  
serving pieces  
1/2 teaspoon salt  
2 tablespoons grated Parmesan  
cheese  
Paprika

## Directions

Heat butter over low heat until melted. Stir in flour, bouillon, nutmeg, red pepper and white pepper; cook over low heat, stirring constantly, until mixture is smooth and bubbly. Stir in milk; heat to boiling and cook, stirring constantly, for 1 minute. Add cheese and cook, stirring constantly, just until cheese melts. Set aside. Place spinach in ungreased 12-in. x 7-1/2-in. baking dish or 8-in. square baking dish. Sprinkle with the lemon juice. Arrange fish on spinach; sprinkle with salt. Spread sauce over fish and spinach. Bake, uncovered, at 350 degrees F until fish flakes easily with a fork, about 20 minutes. Sprinkle with the Parmesan cheese and paprika; return to oven for 5 minutes.



# Jicama Spinach Dip

## Ingredients

2 cups mayonnaise  
2 (16 ounce) containers sour cream  
1 (1.8 ounce) package dry leek soup mix  
1 (1.8 ounce) packet dry vegetable soup mix  
1 teaspoon paprika  
1 teaspoon freshly ground black pepper  
1 small jicama, peeled and minced  
1 red bell pepper, chopped  
3 green onions, chopped  
1 (10 ounce) package frozen chopped spinach, thawed and drained

## Directions

Mix together the mayonnaise, sour cream, leek soup mix, vegetable soup mix, paprika, black pepper, jicama, red bell pepper, green onion, and spinach in a bowl. Chill at least 3 hours or overnight.

# Luscious Spinach Artichoke Dip

## Ingredients

1 (14 ounce) can artichoke hearts,  
drained and chopped  
1/2 (10 ounce) package frozen  
chopped spinach, thawed  
1/2 cup sour cream  
1/4 cup mayonnaise  
1/4 cup cream cheese  
1/4 cup grated Romano cheese  
1/4 teaspoon minced garlic

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a small baking dish, mix together artichoke hearts, spinach, sour cream, mayonnaise, cream cheese, Romano cheese, and garlic. Cover dish.

Bake until heated through and bubbly, about 25 minutes.

# Spinach and Buttermilk Soup

## Ingredients

1 (13.5 ounce) can spinach,  
drained  
3 cups buttermilk  
1 teaspoon cornstarch  
2 tablespoons warm water  
1 teaspoon white sugar  
3 tablespoons peanuts  
salt to taste  
2 tablespoons olive oil  
1 teaspoon cumin seeds  
3 serrano peppers

## Directions

In the container of a food processor or blender, combine half of the spinach with the buttermilk. Puree until smooth. Transfer to a saucepan, and stir in the rest of the spinach. Stir together the cornstarch and water; mix into the saucepan along with the sugar, peanuts and salt. Set aside.

Heat olive oil in a small skillet over medium heat. Add cumin seed, and when they begin to sizzle, put in the serrano peppers. (You can slice the peppers in two for added flavor and spiciness.) When the peppers begin to soften slightly, scrape the contents of the pepper pan into the buttermilk mixture.

Bring the buttermilk mixture to a boil, stirring constantly. Remove from heat immediately, and serve hot.

# Baked Tofu Spinach Wrap

## Ingredients

2 (10 inch) whole wheat tortillas  
1 (7.5 ounce) package hickory  
flavor baked tofu  
1/2 cup shredded sharp Cheddar  
cheese  
1 cup fresh baby spinach  
1 tablespoon Ranch dressing  
1 tablespoon grated Parmesan  
cheese, or to taste

## Directions

Place the tortillas side by side on a paper plate. Slice tofu, and place slices down the center of each tortilla. Sprinkle cheese over the tofu. Cover with a damp paper towel, and heat in the microwave for about 45 seconds, or until cheese is melted.

Pile some spinach onto each tortilla, and pour on some Ranch dressing. Sprinkle with Parmesan cheese, roll tortillas around the filling, and eat.

# Verdelho Spinach, Mushroom and Tuna Casserole

## Ingredients

1 (16 ounce) package elbow macaroni  
2 teaspoons olive oil  
5 fresh mushrooms  
1/2 teaspoon paprika  
1/2 teaspoon chili powder  
1 1/2 teaspoons dried oregano  
1/4 cup Verdelho wine  
1/2 (13.5 ounce) can spinach, drained  
3/4 cup part-skim ricotta cheese  
1 (12 ounce) can tuna, drained  
1 (10.75 ounce) can condensed cream of mushroom soup  
1/2 cup milk  
4 slices bread, toasted

## Directions

Preheat the oven to 300 degrees F (150 degrees C). Bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Drain.

Heat olive oil in a skillet over medium heat. Add mushrooms, and saute until tender. Season with paprika, chili powder, and oregano. Pour in the wine, and let simmer for 5 minutes.

Stir in the spinach, and simmer until heated through. Stir the spinach mixture into the drained macaroni. Mix in the tuna. Combine the condensed soup and milk; stir into the mixture until evenly coated. Transfer to a 9x13 inch baking dish. Crumble toasted bread over the top.

Bake for 20 to 25 minutes in the preheated oven, until the top is crispy and browned.

# Cheesy Spinach

## Ingredients

2 (10 ounce) packages frozen  
chopped spinach, thawed, well  
drained  
2 cups small curd cottage cheese  
1 1/2 cups cubed process  
American cheese  
3 eggs, lightly beaten  
1/4 cup butter or margarine,  
cubed  
1/4 cup all-purpose flour  
1 teaspoon salt

## Directions

In a large bowl, combine all ingredients. Pour into a greased slow cooker. Cover and cook on high for 1 hour. Reduce heat to low; cook 4-5 hours longer or until a knife inserted near the center comes out clean.

# Spinach-Stuffed Pork Roast

## Ingredients

1/4 cup chopped fresh mushrooms  
1/4 cup chopped onion  
1 tablespoon vegetable oil  
1 (10 ounce) package frozen chopped spinach, thawed and well drained  
1 cup soft bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon rubbed sage  
4 pounds boneless loin pork roast, tied

## Directions

In a skillet, saute mushrooms and onion in oil until tender. Stir in spinach, bread crumbs, salt, pepper, garlic powder and sage. untie pork roast and separate the loins. Spread stuffing over one loin to within 1 in. of the edges. Top with the remaining loin; retie securely with heavy string. Place in an ungreased shallow baking pan. Bake, uncovered, at 325 degrees F for 2-1/2 hours or until a meat thermometer reads 160 degrees F-170 degrees F. Let stand for 15 minutes before slicing.