

SPINACH

Spinach is a nutritious green. It is high in vitamins A and C. Vitamins are best retained with little or no cooking.

Storage Tips

- Dunk spinach in a cold water bath and then spin dry
- Store in a damp towel in a plastic bag for up to 1 week.

Culinary Tips

- Steam spinach for 5-8 minutes
- 2-3 lbs of spinach cooks down to 2 cups
- Toss with olive oil, lemon juice, diced garlic, fresh basil leaves, and feta cheese for a salad
- Toss tender raw leaves into pasta
- Add spinach to quiche, lasagna, or other baked dishes
- Substitute spinach for chard in other recipes

Balsamic-braised Greens

Braising greens (spinach or chard)
2 tablespoons extra-virgin olive oil
1 tablespoon mixed garlic
1 tablespoon balsamic vinegar
Salt and pepper to taste

Heat oil in a large saute pan set over medium high heat until in ripples. Add garlic and cook for 2 minutes. Add the braising greens. Turn the heat to medium and cover. Braise until tender about 5 minutes.

Remove the lid, raise the heat to high, and cook off any excess liquid. Remove from the heat. Pour on the vinegar and toss well. Season to taste. Serve immediately.

From the *White Dog Café Cookbook*

Greens and Beans

Use any combination of greens below:

Lots of swiss chard, spinach, beet greens, kohlrabi greens, collard greens or escarole (at least enough to fill a 4 qt. pot)

1 T. olive oil
1 clove garlic, crushed
1/2 - 1 cup chicken or vegetable broth
1 15 oz. can of cannellini beans, garbanzo beans (or whatever beans you like), drained

Over med. heat, add olive oil, then garlic and stir for a few seconds. Add greens to pot then pour broth over all. Cover, bring to boil and turn heat down to simmer for about 10-15 minutes. Uncover and stir. Greens should be cooked down and soft (cook longer if needed). Now add beans, heat through, salt and pepper to taste and enjoy. Excellent side dish! Can also serve with hearty bread to make a great light lunch or dinner.