

# Recipes for Celebrating St. Patrick's Day

## All about the Spinach!

### Parmesan Spinach Cakes

*Love spinach-cheese quiche? Try these simple but elegant-looking spinach cakes.*

- 12 ounces mature spinach\*
- ½ cup part-skim ricotta cheese, or low-fat cottage cheese
- ½ cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Preheat oven to 400°F. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full). Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

\*Frozen spinach that has been thawed and excess water removed may be substituted. Makes 8 cakes.



Nutrition Facts	
Serving Size 1½ cups shredded (88g)	
Amount Per Serving	
Calories 40	Calories from Fat 0
<b>Total Fat 0g</b> 0%	
Saturated Fat 0g 0%	
Trans Fat 0g 0%	
Cholesterol 0mg 0%	
Sodium 160mg 7%	
<b>Total Carbohydrate 10g</b> 3%	
Dietary Fiber 5g 20%	
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 70%	Vitamin C 25%
Calcium 6%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories 2,000 2,500	
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

### Spinach Chips

- 2 cups fresh spinach (mature, not baby)
- ½ teaspoon extra virgin olive oil

- Italian Blend Seasoning\*
- Salt

Preheat oven to 325F. Place spinach in a large bowl. Add olive oil; mix with your hands until each leaf is lightly coated in oil. If additional olive oil is used, the spinach will not get crispy. Sprinkle the spinach with Italian herb seasoning and salt to taste. Arrange the spinach in a single layer on a baking sheet lined with parchment paper or lightly oil nonstick foil. Bake for 8 minutes. Watch them carefully after the 8 minute mark if they are not done. Let sit on the baking sheet for about 2-3 minutes. Remove from baking sheet and enjoy! Serves 1.

### Italian Blend Seasoning

- |                             |                           |                              |
|-----------------------------|---------------------------|------------------------------|
| 3 tablespoons dried basil   | 1 teaspoon onion powder   | ¼ teaspoon red pepper flakes |
| 3 tablespoons dried oregano | 1 teaspoon dried thyme    |                              |
| 3 tablespoons dried parsley | 1 teaspoon dried rosemary |                              |
| 1 tablespoon garlic powder  | ¼ teaspoon black pepper   |                              |

Mix all ingredients in a spice grinder. Store in an airtight container for up to six months

## Three Cheese Spinach Pizza

1 pound refrigerated fresh pizza dough  
2 tablespoons olive oil, divided  
4 garlic cloves, thinly sliced  
6 cups fresh baby spinach  
1 cup part-skim ricotta cheese  
2 ounces shredded part-skim mozzarella cheese  
(about ½ cup)

2 ounces pecorino Romano cheese, grated (about ½ cup)  
3 tablespoons 2% reduced-fat milk  
1 garlic clove, minced  
1 tablespoon cornmeal

Remove the dough from refrigerator. Let stand at room temperature, covered, for 30 minutes. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500° (keep pizza stone or baking sheet in oven as it preheats). Combine 1 ½ tablespoons olive oil and sliced garlic in a large skillet. Heat over medium-high heat 1 1/2 minutes or until the garlic begins to sizzle. Add 6 cups spinach; sauté 2 minutes or until spinach wilts. Set aside. Combine cheeses, milk, and minced garlic in a bowl. Roll dough into a 14-inch circle on a lightly floured surface, and pierce entire surface liberally with a fork. Carefully remove pizza stone from oven. Sprinkle cornmeal over pizza stone; place dough on pizza stone. Spread cheese mixture over dough, leaving a 1/2-inch border. Bake at 500° for 10 minutes or until crust is golden and cheese is lightly browned. Top with spinach; bake an additional 2 minutes or until thoroughly heated. Remove from oven; brush outer crust with remaining 1 ½ teaspoons oil. Cut into 6 large slices.

## Tortellini Spinach Soup

1 tablespoon olive oil  
½ cup minced onion (about 1/2 small onion)  
1 garlic clove, minced  
4-6 cups chicken broth  
1 (14 ounce) can whole tomatoes, coarsely chopped  
1 (9 ounce) package fresh tortellini

Kosher salt  
Cracked black pepper  
10 ounces fresh spinach or 10 ounces frozen spinach, defrosted and chopped  
¼ cup freshly grated parmesan cheese (optional)

In a soup pot, heat olive oil over medium high heat. Sauté the onion and garlic, stirring often until onions are translucent, about 5 to 7 minutes. Add broth and tomatoes, turn heat up to high, and bring to a boil. Add the tortellini and cook according to package instructions. When tortellini is almost done, add spinach and taste, adjusting seasonings with salt and pepper. Serve immediately. Garnish each serving with a sprinkling of Parmesan. Serves 4-6.

## Wilted Spinach Salad with Bacon and Balsamic Vinaigrette

6 cups (5-ounces) fresh spinach leaves, washed, dried, and chilled  
2 slices bacon, cut into 1/4-inch pieces  
1 tablespoon extra-virgin olive oil  
1/2 cup minced red onion  
1/4 teaspoon coarse or sea salt  
1/8 teaspoon freshly-ground pepper  
1/8 teaspoon granulated sugar  
1 tablespoon good-quality aged balsamic vinegar

Remove stems and veins from spinach (either discard or save for adding to your homemade soups). Tear spinach into bite-sized pieces; place spinach in a large bowl. In a small frying pan over medium heat, fry bacon approximately 5 minutes or until crisp; transfer with slotted spoon to paper towel-lined plate, leaving fat in pan. Return frying pan to medium heat; add olive oil, onion, salt, pepper, and sugar. Cook 2 to 3 minutes, stirring occasionally, until onion is slightly softened. Add balsamic vinegar; swirl to incorporate. Remove from heat. Pour warm dressing over prepared spinach and toss gently to wilt (when properly wilted, the leaf edges soften slightly, but the spinach retains some crunch). Sprinkle bacon over spinach and serve immediately. Makes 4 servings.