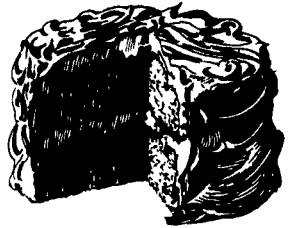


Home On The Range



Spinach Appeal

Spinach is wonderful used raw in salads and adaptable to many cooked recipes. When choosing fresh spinach, select greens with tender, fresh-looking leaves. The leaves should have a good green color and be free of blemishes. Avoid any that are wilted, crushed, or decayed, or that show signs of insect damage. Stems should be dry or limp.

Store greens refrigerated in a plastic bag or vegetable drawer for three to seven days. Prepare them from storage by first removing any blemished leaves. Separate the leaves and soak them in salty water for 10 minutes to destroy bugs and bacteria. Rinse the leaves in cold running water, rubbing them gently to remove dirt, chemicals, and insecticides.

If you are in a hurry, frozen spinach can be used in cooked recipes. Also, many grocery stores carry fresh spinach that is washed and ready to use.

These recipes are guaranteed to bring raves even if your family ordinarily frowns at spinach.

SPINACH LASAGNA

8 ounces lasagna noodles, cooked and drained

20 ounces frozen chopped spinach, cooked and drained

2 pounds cottage cheese

2 eggs

1 tablespoon chopped fresh parsley OR 1 teaspoon dried

1/2 cup butter, softened

Salt, pepper, garlic powder, to taste

1 pound Monterey Jack cheese

1 cup grated Parmesan cheese

Cook noodles according to package directions; drain. Cook spinach according to package directions, drain. Mix cottage cheese, eggs, parsley, butter, salt, pepper, and garlic powder in bowl. Grease lasagna pan or 13x9x2-inch baking dish. Place layer of noodles in pan, followed by layers of cottage cheese mixture, Monterey Jack cheese, spinach, and parmesan cheese. Repeat layers. Bake in 350 degree oven for 30 minutes.

Variation: For a less buttery version, omit butter from cottage cheese mixture. After arranging layers, drizzle with about 2 tablespoons melted butter then bake as directed.

Contributor writes that her family loves this and she is sure others will too.

Diane Carl
Douglasville

SPANAKOPITA

Spinach Pie

2 pounds spinach

1 large onion, finely chopped

1/4 cup virgin olive oil

1 cup chopped scallions

1/2 cup minced fresh parsley

1 tablespoon minced fresh dill

1/4 teaspoon freshly ground nutmeg

1/2 cup crumbled feta cheese

1/2 cup creamed cottage cheese

1/2 cup freshly grated Parmesan cheese

4 eggs, beaten

12 sheets phyllo pastry

1/2 cup butter, melted

1/2 cup vegetable or olive oil

Mix together melted butter and

1/2 cup vegetable or olive oil.

Remove large stems from spinach leaves and rinse the leaves well.

Chop coarsely, steam above boiling water just until wilted. Drain in a colander, pressing out any liquid with the back of a spoon.

Place the onions and olive oil in a large skillet. Cook over medium heat until the onions are slightly tender. Add the scallions and cook until limp. Remove from heat and stir in parsley, dill, and nutmeg.

To the skillet, add spinach, cheeses, and eggs, stirring gently.

To assemble spanakopita begin by brushing a shallow 9x12-inch baking dish with some of the butter mixture. Fit one sheet of phyllo in the bottom of the dish, letting the edges drape over the rim. Brush with a little of the butter mixture. Repeat with four more sheets.

Spread the spinach filling in the phyllo-lined dish. Top with remaining sheets of pastry, each brushed with butter mixture.

Trim the excess phyllo leaving about an inch around the edge of the baking dish. Roll the edge, making a lip around the top of pie. Chop the phyllo trimmings into flakes and coat with any remaining butter mixture. Sprinkle the flakes over top of the pie.

Bake in preheated 350 degree oven for 45 minutes, until puffed and golden. Allow to cool 10 minutes at room temperature before cutting. 8 servings.

Contributor writes, "This is a pie like no other pie. It is high in calcium and fiber, but low fat and no cholesterol, it is not."

B.A. Hartman
Reinholds



Chicken and Spinach Medley is a tasty, low-calorie one-dish meal.

SPINACH PIE

10 bacon slices

1/2 cup chopped onion

10-ounces frozen chopped spinach

4 eggs, slightly beaten

1 cup milk

1 teaspoon seasoned salt

Cut 6 slices of bacon into small pieces and fry until crisp. Remove and drain. Cook onion in bacon fat until golden brown. Cook spinach as directed on package; drain.

Blend eggs, milk, and salt; add spinach, onion, and bacon. Pour into unbaked 9-inch pie shell. Bake at 375 degrees for 40 to 45 minutes. Cut up remaining 2 slices of bacon into small pieces and fry until crisp. Sprinkle into pie just before serving.

Gladys Martin
Ephrata

SPINACH SALAD

1 pound spinach, cut up

4 slices bacon, fried and crumbled

1 can bean sprouts, rinsed and drained

11-ounce can mandarin oranges

1/2 medium onion, sliced

Toss and serve with Sweet and Sour Dressing:

1 cup oil

1/2 cup granulated sugar

1/2 cup catsup

1/4 cup vinegar

1 teaspoon Worcestershire sauce

1 teaspoon salt

1 tablespoon minced dry onion

Blend all ingredients. Refrigerate at least half a day before serving.

Helen Hess
Washington Boro

SPINACH PIE

Low Calorie

8-ounces frozen spinach

8 ounces cottage cheese

2 eggs, beaten

1/2 teaspoon salt

1/4 teaspoon pepper

Nutmeg, optional

Grated parmesan cheese

Paprika

Cook spinach, drain. Mix cottage cheese, eggs, salt, pepper, and nutmeg; blend into spinach. Pour into 8-inch pie plate, sprinkle with cheese and paprika.

Bake at 350 degrees for 20 to 25 minutes.

Mary Martin
Annville

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Featured Recipe

Think chicken. Think spinach. Think great taste. The combination is healthy eating at its best.

Chicken provides the complete protein required daily to nourish every cell in the body. Spinach adds a healthy portion of beta carotene as well as vitamins and minerals.

It takes less than 30 minutes to prepare this one-dish meal, which has 267 calories per serving while providing 33.3 grams of protein.

CHICKEN AND SPINACH MEDLEY

4 boneless, skinless broiler-fryer chicken breast halves

1 tablespoon canola oil

1 clove garlic, minced

1/2 cup low sodium chicken broth

1/2 cup green pepper, slivers

1 medium onion, cut into thin rings

4-ounces mushroom slices

2 bunches fresh spinach (1 1/2 pounds)

1/2 teaspoon salt

1/4 teaspoon pepper

3 tablespoons grated romano cheese

1 cup fresh bread croutons

In nonstick frypan, place oil and heat to medium temperature. Add minced garlic, stirring to spread evenly in frypan. Arrange chicken in single layer over garlic and cook about 5 minutes; turn and cook 5 minutes more. In large frypan, pour chicken broth and heat on high temperature. Add green pepper, onion, and mushrooms; cook 3 minutes. Add spinach and cook, stirring with other vegetables, about 2 minutes more. Turn off heat under vegetables. Remove chicken from small frypan and cut into strips. Add chicken strips to vegetables in large frypan; stir to mix well. Sprinkle with salt and pepper. Remove to serving dish and top with romano cheese and croutons. Makes 4 servings.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April

- 3- Easter Favorites
- 10- Peanut Butter Recipes
- 20- Candy Making Recipes
- 27- Nutritious Recipes