

Family/ Parent Recipes

Spinach_March



Spinach Stuffed Chicken Breasts

LINK: <https://basilandbubbly.com/spinach-stuffed-chicken-breasts/>

Prep Time: 10 minutes Cook Time: 15 minutes
Servings: 6 halves of stuffed chicken breasts Calories: 434kcal
Author: Basil and Bubbly

Ingredients

- 3 chicken breasts
- 8 oz chopped frozen spinach cooked according to package directions and squeezed dry.
- 3 oz feta crumbled (about 1/2 cup)
- 4 oz cream cheese
- 1 clove garlic diced
- 1/4 teaspoon salt divided
- 1/8 teaspoon pepper
- 1 tablespoon olive oil

Instructions

1. Preheat oven to 450 degrees Fahrenheit.
2. Mix the chopped frozen spinach, feta, cream cheese, garlic and half of the salt in a medium sized bowl.
3. Cut a pocket into each chicken breast. If you are unsure of how to cut a pocket into the chicken without also cutting a pocket into your hand, try this: One at a time, place the chicken flat on a cutting board, and press a large spatula (or something else that cannot be stabbed, i.e. DO NOT USE YOUR HAND) flat on top of the breast. Make sure that you are pressing the spatula down hard enough to hold the chicken in place. You may need to actually dig the edge of the spatula into the meat just a little bit to accomplish this. Insert the knife 2/3 of the way into the side of the thickest part of the chicken, and slice down to the thinnest part, stopping before you cut through; you want a pocket not a flap.
4. Separate the spinach and cheese mixture into three parts, and roll into thick logs. Stuff each log into the pocket you made in the chicken breasts. Season with remaining salt and pepper.
5. Heat the olive oil in an ovenproof pan set over medium high heat, then add the stuffed chicken, "top" side down. Cook for 5 minutes, then flip the chicken over.
6. Place the pan into the oven, and bake for 10 minutes. If your chicken breasts are extraordinarily thick, cook for 2 to 5 minutes longer, or until juices run clear when you poke the chicken with a fork.



Spinach Chips

LINK: <https://rabbitfoodformybunnyteeth.com/spinach-chips/>

Serves 1-2

Ingredients:

- 2 large handfuls of spinach (I used about 1/2 the bag)
- 1 Tbsp olive oil
- 1/2 Tbsp Italian herb seasoning
- 1/8 tsp sea salt, or to taste

Directions:

1. Preheat oven to 350 degrees.
2. Massage oil into spinach until all leaves are completely coated.
3. Add italian seasoning and salt, combine until evenly dispersed.
4. Cover a baking sheet with parchment paper.
5. Place leaves on the parchment paper so that they aren't overlapping (this will allow them to cook evenly).
6. Bake for 9-12 minutes until crispy.



Quinoa Spinach Power Salad with Lemon Vinaigrette

LINK: <https://www.aheadofthyme.com/2016/02/quinoa-spinach-power-salad-with-lemon-vinaigrette/>

- Prep Time: 5 mins
- Cook Time: 10 mins
- Yield: 1 large salad
- Category: Salad

Description

Quinoa Spinach Power Salad with Lemon Vinaigrette: Take a bite into this refreshing, gluten-free quinoa and spinach salad bursting with colorful tomatoes, cucumbers and raisins.



Ingredients

- 1/2 cup uncooked quinoa
- 2 cups spinach, finely chopped
- 1 tomato, diced
- 1/2 cup diced cucumbers
- 1/4 cup raisins
- 1 and 1/2 tablespoon lemon juice
- 1 and 1/2 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Instructions

1. In a medium bowl, rinse the quinoa a few times.
2. In a medium saucepan, boil 2 cups of salted water. Add the quinoa and continue to boil for about 10 minutes until the quinoa is tender.
3. Drain the quinoa and let it cool.
4. In a large bowl, combine the spinach, tomatoes, cucumbers, raisins and cooled quinoa.
5. In a small bowl, make your lemon vinaigrette. Combine the lemon juice, olive oil, salt and pepper. Pour onto the salad and toss to coat.
6. Season to taste with more salt and pepper, if needed.

Spinach Quesadillas

LINK: <https://www.glamour.com/story/dinner-tonight-spinach-quesadi?mbid=pinterest>

**makes 1 quesadilla*

Ingredients:

- 1 eight inch flour or wheat tortillas
- 1 oz taleggio cheese (substitute with fontina or brie)
- 1/2 cup fresh baby spinach leaves loosely packed
- 1/4 teaspoon olive oil
- Sea sat

Directions:

1. Lay out a tortilla on a work surface.
2. Trim away the rind of the cheese, and cut into into small pieces.
3. Put the cheese pieces all over one half of the quesadilla. Place spinach leaves on top of the cheese.
4. Fold over the other half to form a half moon shaped quesadilla.
5. Heat a non stick pan on medium heat, drizzle a little oil.
6. Place the folded quesadillas in the pan, and cook on medium heat for 1 minute or till the tortilla is light brown and cheese is just about to melt.
7. Turn the quesadilla over and lightly brown the other side, about 45 seconds. Dont over cook the tortillas, the cheese will get oily.
8. Cut into wedges and sprinkle a tiny pinch of sea salt on top. Serve with a lettuce, tomato, cucumber salad and your favorite salad dressing.



Baked Spinach and Eggs

LINK: <https://www.manilaspoon.com/2012/12/baked-spinach-and-eggs.html>

Ingredients

- 6 cups firmly packed baby spinach or 1 (10 oz or up to 1 lb) bag fresh baby spinach*
- 4 eggs (can increase to 6 if you are using more spinach)
- Salt and freshly Ground Pepper, to taste
- 1 Tbsp crumbled Feta Cheese for 1-2 eggs (about 2-3 Tbps in total)
- Baking spray or a little oil for greasing

*You may use frozen spinach too.

Procedure

Preheat the oven to 400°F. Lightly spray or grease with a little oil individual ramekins or other small oven safe dishes that can accommodate 1-2 eggs.

Place the spinach in a deep skillet or a large frying pan. Add a little water (2-3 Tablespoons). Using medium heat, cook the spinach just until wilted, roughly 3-4 minutes. Use either your hand or a spatula to pack in the spinach. Drain the excess water well especially if you are using frozen spinach.

Distribute the spinach evenly among the prepared ramekins or oven-safe dishes.

Crack 1-2 eggs on top of the spinach. Season lightly with salt and pepper – lightly because Feta cheese is salty on its own. Sprinkle the crumbled feta cheese on top.

Place the baking dishes or ramekins on a cookie sheet and bake for about 15-18 minutes or until the eggs are set/cooked (whites are set and yolks look firm on the edges) to your liking. I like mine well-done but some like eggs that are a little runny. Whatever you like as long as the eggs are substantially cooked inside, it's fine.

Serve with some toasted bread or rice on the side and tomato juice! A healthy breakfast that will keep you going for hours! Enjoy!



