SPINACH RECIPES

Hulk Muffins
3/4 cup milk
1/2 cup butter, melted
1/2 cup honey
4 cups baby spinach, packed
1 large ripe banana
1 large egg
1 teaspoon vanilla extract
2 cups flour
1 1/2 teaspoons cinnamon
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 350 F, and spray your muffin tin with cooking spray or use silicone muffin cups sprayed with cooking spray. To a blender, add milk, raw spinach, banana, honey, egg, vanilla, and melted butter. Blend until completely pureed. Combine all dry ingredients. Pour the spinach mixture into the dry ingredient bowl. Fold the spinach mixture and dry ingredients together gently until just combined. (Do not over-mix.) Scoop the batter into the muffin pan, and bake for 17-20 minutes, or until the muffins bounce back when you touch the top. They should not be browning. Remove from the oven and cool on a cooling rack. If you use silicone muffin cups, remove from the cups and place on a cooling rack to prevent sweating. These muffins will be green. Great for special green occasions.

Cheesy Spinach Frittata
1 small onion, grated
3/4 cup cheddar cheese, grated
2 tablespoons Parmesan cheese, grated
8 large eggs
1/3 cup whole or 2% milk
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons olive oil
5 ounces baby spinach (about 5 packed cups)

Arrange a rack in the top third of the oven and heat the oven to 350°F. Whisk the eggs and milk together. Add the cheddar cheese, salt and pepper. Mix well. Heat 2 tablespoons olive oil in a 10-inch cast iron or oven-safe nonstick skillet over medium heat until shimmering. Add the onion and sauté until softened, about 3 minutes. Add 5 ounces baby spinach a handful at a time, and sauté until just wilted, about 2 minutes. Spread the onion and spinach into an even layer, then pour the egg mixture over the top. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Sprinkle with the Parmesan. Cook undisturbed until the eggs at the edges of the pan begin to set, about 2 minutes.
Transfer the skillet to the oven and bake until the eggs are just set, 18 to 20 minutes. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another minute or two. If not, then the eggs are set. Heat the broiler to HIGH. Broil until the top of the frittata is lightly golden-brown in spots, 2 to 3 minutes. Let cool in the pan for 5 minutes, then slice into wedges and serve warm or at room temperature.

Farm to School
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