

Sautéed Spinach

- 1 onion, sliced;
- 3 cups spinach or baby spinach;
- 1 tbsp. balsamic vinegar;
- 10 mushrooms, sliced;
- 3 garlic cloves, minced;
- 1 tbsp. coconut oil;
- 1 tbsp. olive oil
- Sea salt and freshly ground black pepper;

Crust-less Spinach Quiche (for a crowd)

5 oz. organic fresh spinach (4 cups packed)
1-2 tsp. olive oil (depending on your pan)
1 1/2 cups low-fat mozzarella
1/3 cup thinly sliced green onions
8 eggs, beaten
1 tsp. Italian seasoning
salt and fresh ground black pepper to taste

Spinach Artichoke Dip

- 1 Cup Mayonnaise
- 1 Cup Sour Cream
- 1 Tablespoon Dijon Mustard
- 1/2 Onion- finely chopped
- 12 oz Mozzarella Cheese, grated
- 6 oz Freshly Grated Parmesan
- 1 Can Artichoke Hearts, drained and diced
- 10 oz Fresh Spinach, coarsely chopped

Spinach Salad with Strawberry and Avocado

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- poppy seed or balsamic dressing

1. Heat the coconut oil and olive oil over a high heat in a skillet.
2. Add the sliced onions and garlic, and cook for about 10 minutes, stirring constantly.
3. Reduce the heat to medium-low and continue cooking the onions for 20 more minutes, still stirring frequently.
4. Add the balsamic vinegar to deglaze the pan.
5. Add the sliced mushrooms and season to taste with salt and pepper; cook until the mushrooms are tender but not mushy.
6. Add the spinach. Stir on low heat just until the spinach wilts, and serve.

Preheat oven to 375F/190C. Spray an 8 1/2 inch by 12 inch glass casserole dish with olive oil.

Heat the oil in a large frying pan, add spinach and cook until the spinach is wilted, about 2 minutes. Transfer spinach to the casserole dish, spreading it around. Layer the grated cheese and sliced onions on top of the spinach.

Beat the eggs with Seasoning and salt and fresh ground pepper to taste. Pour the egg mixture over the spinach/cheese combination, and then use a fork to gently "stir" so the eggs, spinach, and cheese are evenly combined.

Bake about 35 minutes or until the mixture is completely set and starting to lightly brown. Let cool about 5 minutes before cutting. Serve hot.

1. Preheat oven to 375 degrees F
2. In a large bowl, mix the mayo, sour cream, mustard and onion.
3. Add the cheeses reserving some for the top.
4. Stir in the diced artichoke hearts and spinach and mix well.
5. Put into a large casserole dish and cover with remaining cheese.
6. Bake for 45-50 minutes, then if desired cook for an additional 1-3 minutes on broil to brown the top of the cheese further.
7. Let sit approx. 15-20 minutes before serving to set.

- Toss salad ingredients in a large bowl.
- Add dressing of choice to taste.
- Enjoy!