



# Farm Fresh Living.com

healthy recipes from our farm to your family

*Stargazer Perennials Farm and Nursery, Summerville Oregon*

## **Fresh Baby Spinach Salad with Warm Feta Dressing**

A delicious and easy salad to make anytime of the year. For best results make this healthy salad with fresh, just picked spinach.

Studies have indicated that eating spinach supports cardiovascular health, and might lower the risk of age-related illness. Spinach is a nutrient-dense, and is a good source for phytonutrients such as lutein and zeaxanthin, plus vitamins and minerals like riboflavin, vitamin B6, folate and magnesium. Experts recommend that you eat 1 cup of steamed spinach or 2 cups of raw spinach several days a week.

- 9 ounces fresh baby spinach leaves
- 5 tablespoons olive oil, divided
- 1 medium red onion, halved, cut into 1/3-inch-thick wedges with some core attached
- 1 7-ounce package feta cheese, coarsely crumbled
- 2 tablespoons Red wine vinegar
- Garlic croutons - see recipe below

Place spinach in large bowl. Heat 2 tablespoons oil in heavy large skillet over high heat. Add onion; saute until brown and softened, about 7 minutes. Transfer to bowl with spinach; remove skillet from heat. Add remaining 3 tablespoons oil and cheese to skillet. Stir to melt cheese slightly, about 1 minute. Stir in vinegar. Season to taste with salt and pepper. Pour over spinach; toss to coat and wilt slightly. Add hot garlic croutons and toss lightly again. Serve immediately.

### **How to make garlic croutons:**

- 3 tablespoon organic olive oil
- 6 gloves garlic, minced
- 1 tablespoon minced rosemary
- 1 loaf French bread, cut into 1" cubes

Heat virgin organic olive oil in heavy French skillet. Add minced garlic and rosemary and cook until garlic is lightly browned. Add cubed French bread and stir until well coated. Transfer to a heavy cooking sheet and bake at 350 degrees until evenly browned. Remove from oven when done and set aside.

For more information on how to grow spinach, read our informational article at our sister website, hardy Gardening. You can purchase organic spinach seeds at Stargazer Perennials.

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