



Popeye's Delight

SPINACH AND SHRIMP DIP

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| 1 pkg (10 oz/300 g) frozen chopped spinach,
thawed and squeezed dry | 1/4 cup (50 mL) chopped fresh cilantro |
| 4 oz (125 g) cream cheese, softened | 1 1/2 tsp (7 mL) green pepper sauce |
| 1/2 cup (125 mL) mayonnaise | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) sliced green onion | 1 clove garlic, crushed |
| | 1 3/4 cups (425 mL) cooked baby shrimp, patted dry |

Place first 8 ingredients (spinach through garlic) in a food processor; process until smooth. Add shrimp and process, using an on/off motion, just until shrimp are coarsely chopped. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 24 hours. Serve with crackers or crudites. Makes 3 cups (750 mL).

SPINACH FETA DIP

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| 1 cup (250 mL) yogurt | 1 clove garlic, crushed |
| 4 oz (125 g) cream cheese, softened | 1 tsp (5 mL) dill weed |
| 3/4 cup (175 mL) shredded dry pack feta cheese | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) light sour cream | 1/8 tsp (0.5 mL) freshly ground pepper |
| 1 pkg (300 g) frozen chopped spinach,
thawed and squeezed dry | |

Spoon yogurt into a coffee filter-lined sieve set over a bowl. Cover with plastic wrap and refrigerate for 2 hours. Discard liquid which collects in bowl. Combine drained yogurt with remaining ingredients (cream cheese through pepper) in a bowl. Using medium speed of an electric mixer, beat until blended. Spoon dip into a serving dish. Cover and refrigerate for up to 2 days. Serve with pita wedges or crudites. Makes about 2 cups (500 mL).

Cook's Note: Do not use yogurt with stabilizers or preservatives.

SESAME COLESLAW WITH SPINACH

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| 1/3 cup (75 mL) rice vinegar | 1/4 cup (50 mL) oil |
| 1/4 cup (50 mL) sugar | 6 cups (1.5L) thinly sliced green cabbage |
| 2 tbs (25 mL) soy sauce | 2 cups (500 mL) thinly sliced red cabbage |
| 2 tsp (10 mL) sesame oil | 2 cups (500 mL) thinly sliced spinach |
| 1/2 tsp (2 mL) ginger | 3 Roma tomatoes, cut into wedges |
| 1/4 tsp (1 mL) salt | |

To prepare dressing, whisk together first 6 ingredients (vinegar through salt) until sugar is dissolved. Gradually whisk in oil until blended. Combine green cabbage, red cabbage, spinach and tomatoes in a bowl. Add dressing and toss to coat. Refrigerate for up to 2 hours. Serves 8 - 10.

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ORANGE COUNTY SPINACH SALAD

1/2 cup (125 mL) olive oil	1/4 tsp (1 mL) curry powder
3 tbsp (40 mL) rice vinegar	1/4 tsp (1 mL) cayenne pepper
2 tbsp (25 mL) thawed frozen orange juice concentrate	2 large navel oranges
1/2 tsp (2 mL) hot pepper sauce	1 avocado
1/2 tsp (2 mL) salt	1/2 cup (125 mL) sliced almonds, toasted
	10 cups (2.5 L) torn spinach

To prepare dressing, whisk together first 7 ingredients (oil through cayenne). Peel oranges and slice crosswise. Cut slices into quarters. Peel and pit avocado. Cut avocado into chunks. Combine oranges, avocado, almonds and spinach in a bowl; toss with dressing to coat. Serve immediately. Serves 8 - 10.

SHRIMP AND SPINACH SALAD

This recipe makes a large quantity of salad. It is an excellent choice for serving at a buffet or as a sit-down appetizer before dinner.

1/4 cup (50 mL) white wine vinegar	1/8 tsp (0.5 mL) freshly ground pepper
1 tbsp (15 mL) fancy molasses	1/2 cup (125 mL) oil
1 tsp (5 mL) Dijon mustard	16 cups (4 L) baby spinach
1 clove garlic, crushed	2 cups (500 mL) sliced fresh mushrooms
1/2 tsp (2 mL) oregano, crumbled	12 oz (375 g) bacon, cooked and crumbled
1/4 tsp (1 mL) salt	1/2 lb (250 g) cooked baby shrimp

To prepare dressing, whisk together first 7 ingredients (vinegar through pepper) until combined. Gradually whisk in oil until blended. Combine spinach, mushrooms, bacon and shrimp in a bowl. Toss with dressing to coat. Serve immediately. Serves 10 - 12.

PEAR AND SPINACH SALAD WITH CRANBERRY VINAIGRETTE

1/2 cup (125 mL) whole berry cranberry sauce	8 cups (2 L) baby spinach
1/4 cup (50 mL) orange juice	2 firm ripe pears, cored and sliced
2 tbsp (25 mL) balsamic vinegar	1/2 cup (125 mL) sliced green onions
1 tsp (5 mL) grated fresh ginger	1/3 cup (75 mL) crumbled blue cheese
1/4 tsp (1 mL) salt	2 tbsp (25 mL) toasted slivered almonds
2 tbsp (25 mL) oil	

To prepare cranberry vinaigrette, whisk together cranberry sauce, orange juice, vinegar, ginger and salt until combined; some cranberries should remain intact. Gradually whisk in oil until blended. Combine spinach, pears, green onions, cheese and almonds in a bowl. Toss with cranberry vinaigrette to coat. Serve immediately. Serves 8.

SPINACH SALAD WITH FRESH OREGANO DRESSING

3 tbsp (40 mL) fresh lemon juice	8 cups (2 L) baby spinach
4 tsp (20 mL) chopped fresh oregano	1 1/2 cups (375 mL) sliced celery
1/4 tsp (1 mL) salt	1 cup (250 mL) diced red bell pepper
1/4 tsp (1 mL) freshly ground pepper	1/2 cup (125 mL) thinly sliced red onion
3 tbsp (40 mL) oil	1 log (150 g) soft goat cheese, crumbled

To prepare dressing, whisk together lemon juice, oregano, salt and pepper. Gradually whisk in oil until blended. Combine spinach, celery, red pepper, onion and cheese in a bowl. Add dressing and toss to coat. Serves 8 - 10.