

# GATHER IN THE KITCHEN AND *cook!*

IRRESISTABLY DELICIOUS, SHARABLE  
AND SURPRISINGLY SIMPLE RECIPES



# SOME THINGS ARE *simpler* THAN THEY SEEM

Tell the truth...do you wish you ate more organic vegetables but also wish they were more delicious? It's okay. You're not alone. But we're here—to help you see the light. And all you have to do is give even one of these recipes a try. Enough is enough. No more bland veggies that feel like homework rather than pleasure. And oh yes, we have included some recipes for fruit, too, but we have a sneaking suspicion you already love fruit.

Our mission is to *cultivate a healthier world through organic food and farming*. So we're here to help you enjoy more organic produce...so we can convert more farm land to organic and do more to protect our future. That's a mission grounded in a little 2½-acre farm in Carmel Valley, California. "Enough is enough," said our founders Myra and Drew Goodman way back in 1984. And we have never wavered from their original commitment.

# NUTTY GREEN BANANA *smoothie*



Smoothies are a delicious and convenient way to get your fruit and veggie servings in early, especially when you use organic frozen fruit! Sweet fruits and nutritious greens blend together in fabulous flavor combinations you customize with liquid and add-ins.

**SERVES 2 (12 OZ SMOOTHIES)**

## INGREDIENTS

1¾ cups Silk Vanilla Almondmilk  
2 cups Earthbound Farm Organic Baby Spinach (loosely packed)  
2 Tbsp almond butter  
2 medium ripe bananas, fresh or frozen  
1 cup ice, optional

## DIRECTIONS

Put first four ingredients in blender and blend for 30 seconds, then add ice and blend until smooth.

Developed by Jessica Harris,  
Customer Marketing Manager  
at Earthbound Farm



## *tip:* SERVINGS COME EASY WHEN BLENDED IN A SMOOTHIE.

Making a good smoothie is simple. Making a great smoothie is just as simple — with a few tricks up your sleeve. Our executive chef, Sarah LaCasse, shares her secrets to take your smoothies to the next level.

**A great smoothie** has the perfect texture — smooth as silk and as thick or thin as you like it. Chef Sarah likes to use 6-8 oz of liquid to 4 oz of fruit and vegetables, for a smoothie that's thinner. Reduce the liquid or increase the solids if you prefer a smoothie with more body.

**If you like a creamier smoothie,** use cashew or dairy milk as the liquid or add banana or avocado.

If you're trying to keep the sugar content low, your best choices are unsweetened cashew milk, dairy milk, or avocado. Adding cucumber is another low sugar ingredient that adds liquid.

**If you use frozen fruit,** you typically don't need to add ice. Try slicing ripe bananas and freezing in half-banana portions for easy smoothie additions.

**Chia and flax seeds** provide a terrific nutritional boost, but don't forget to grind them first to avoid crunch in your smoothie. Hemp seeds, another nutrition powerhouse, can go right in your blender without pre-grinding.

**If you're just starting to venture into the green smoothie zone,** try starting by adding organic pre-washed baby spinach — it has a mild flavor and it's packed with nutrients. If you're feeling bolder, move up to stronger-flavored kale or chard. A little parsley or mint can add a delightful brightness to your smoothie, too.

**If you want more sweetness** than the fruit or juice adds, try a little honey or agave.

**Most importantly,** keep it simple and enjoy your healthy and delicious smoothie!



# PINEAPPLE CASHEW smoothie



SERVES 2 (16 OZ SMOOTHIES)

## INGREDIENTS

- 1 cup Silk Cashewmilk
- 1 Tbsp unsalted cashew butter
- 10 oz Earthbound Farm Frozen Organic Pineapple Chunks
- 1 very ripe banana, ideally frozen
- ½ tsp vanilla extract
- 1 Tbsp honey
- 1 tsp ground cinnamon
- ¼ tsp cardamom (optional)

## DIRECTIONS

In order, add ingredients to a blender. Secure the blender lid and hold it to prevent leaks. Blend until smooth. Serve immediately.

Developed by Amelia Winslow, MS,  
MPH & blogger at [Eating-Made-Easy.com](http://Eating-Made-Easy.com)



# OATMEAL, CARROT AND APPLE BREAKFAST *squares*

Not only is this recipe packed with healthy fresh produce, but every sweet and wholesome square includes 10 grams of protein, 7 grams of fiber and great flavor, too. Although we call them “breakfast squares,” they make perfect afternoon pick-me-ups and late-night snacks, too!

## SERVES 5

### INGREDIENTS

#### Batter

1 Tbsp butter (for greasing the baking dish)  
1¾ cups old-fashioned rolled oats  
1½ cups whole wheat pastry flour  
¼ cup ground flaxseeds  
1 Tbsp baking soda  
1 tsp baking powder  
2 tsp ground cinnamon  
¼ tsp salt  
1¼ cups packed light brown sugar  
⅔ cup canola oil  
2 eggs  
1½ cups low-fat buttermilk  
1½ cups peeled, grated Earthbound Farm  
Organic Carrots (about 4 medium carrots)  
1 cup peeled, grated Earthbound Farm  
Organic Apples (2 medium apples)

#### Topping

2 cups walnut pieces  
½ cup unsweetened  
shredded coconut  
¼ cup packed light  
brown sugar  
1 tsp ground cinnamon

### DIRECTIONS

Position a rack in the center of the oven and preheat to 350°F. Generously butter the bottom and sides of a 13 x 9-inch baking dish and set aside.

Place the oats, flour, flaxseeds, baking soda, baking powder, cinnamon and salt in a medium-size mixing bowl and stir to combine.

In a large bowl, whisk together the brown sugar and the oil. Add the eggs, one at a time, beating well after each addition. Stir in the buttermilk.

Add the oat mixture to the buttermilk mixture, and stir to combine.

Add the carrots and apples, and stir just until blended. Transfer the batter to the prepared baking dish.

To make the topping, place the walnuts, coconut, brown sugar and cinnamon in a small bowl. Stir to blend, then sprinkle the topping mixture evenly over the batter.

Bake the squares until the batter has set and a toothpick inserted in the center of the cake comes out clean, about 45 minutes. Let cool on a wire rack for 1 hour, then cut into 12 pieces. (The squares can be stored in an airtight container at room temperature for up to 4 days.)

**From Food to Live By: The Earthbound Farm Organic Cookbook by Myra Goodman**

Per serving: Calories 530, Fat 31 grams, Cholesterol 40 mg, Sodium 430 mg, Carbohydrates 59 grams, Fiber 7 grams, Sugars 34 grams, Protein 10 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 70%, Vitamin C 6%, Calcium 15%, Iron 15%.



## BABY KALE AND SWEET ONION *frittata*



A frittata is basically a no-flip omelet. Simple enough for a weekday morning, but lovely enough for weekend brunch guests, this kale and sweet onion frittata is great to keep in your back (pajama) pocket.



**PREP TIME: 15 MIN • COOK TIME: 30 MIN • TOTAL TIME: 45 MIN • SERVES 5**

### **INGREDIENTS**

2 tablespoons olive oil  
1 cup sweet yellow onion, finely diced  
15-oz package Earthbound Farm Organic Kale (or Power or Zen)  
10 large eggs  
3 cloves garlic, finely minced  
 $\frac{1}{3}$  cup milk  
1 pinch salt and freshly ground pepper  
 $\frac{1}{2}$  cup Parmesan cheese, grated

### **DIRECTIONS**

Position a rack about 5 inches below the broiler and preheat the broiler on high.

Heat the oil in an oven-proof 10-inch skillet, preferably cast iron, over medium heat. When the oil is hot, add the onion and cook, stirring frequently, until the onion is soft, about 8 minutes. Add the garlic and cook for 1 minute. Stir in a handful or two of baby kale, cooking until it wilts, then adding more until you've used all 5 ounces. Cook until the kale is tender, 3 to 5 minutes.

Meanwhile, whisk the eggs with the milk, salt and pepper. Once the kale is tender, add the egg mixture to the skillet. Stir lightly to combine the ingredients, then cook without stirring until the bottom and sides have set, about 4 minutes. If the top is very wet, lift the sides of the frittata with a rubber spatula, tilt the pan, and let some of the liquid run under the cooked eggs. Sprinkle the top of the frittata with the cheese (the top will still be wet), then place the skillet under the broiler until the egg puffs and turns golden, about 3 minutes.

Remove the skillet from the broiler and let the frittata rest for 2 or 3 minutes to finish cooking. Run a heatproof rubber spatula or a small knife around the edge of the pan to release the frittata from the skillet. Slide the frittata onto a warmed serving plate and cut into wedges (it can also be served from the pan). Serve hot or warm.

Calories per serving: 280, Total Fat 19 grams, Cholesterol 430 mg, Sodium 340 mg, Carbohydrates 9 grams, Fiber 1 gram, Sugars 4 grams, Protein 18 grams. *Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 20%, Vitamin C 40%, Calcium 25%, Iron 10%.*



# specialty greens

## *tip:* WE'RE SO MUCH MORE THAN SALAD

You may have always thought of Earthbound Farm as a salad company, right? Well, we're a lot more than that. We grow and sell an amazing variety of vegetables, fruits and herbs — fresh, frozen, dried and all certified organic. And really, our organic salads are so much more than just salad. Many of our packages of organic greens also moonlight on sandwiches, in soups and smoothies, sautes and more. Just one cup of nutrient-dense greens delivers a serving of veggies, so add a healthy handful at each meal and you'll get those recommended servings before you know it!



## romaine WRAPS WITH SAIGON CHICKEN



Packed with wholesome protein, this Vietnamese-inspired dish is a flavorful and aromatic lunchtime choice. The romaine leaves make a perfect wrapper for the meat because they naturally fold in half lengthwise along the central rib, and that means another serving of veggies for you!



## SERVES 4

### INGREDIENTS

2 stalks lemongrass  
1½ lb ground chicken  
3 Tbsp canola oil  
2 Tbsp fresh ginger (peeled and grated)  
1 jalapeño or Serrano chili (finely diced, ribs and seeds optional)  
2 Tbsp Asian fish sauce  
2 Tbsp light brown sugar  
2 cloves garlic (finely minced)  
1 lime (grated zest and juice)  
½ cup fresh mint leaves (minced)  
1 package Earthbound Farm Organic Romaine Hearts

### DIRECTIONS

Remove the outer 3 or 4 layers of leaves from the lemongrass until you reach the soft, tender heart. Cut off the top two-thirds of the stalk, reserving only the bottom 6 inches (from the stem end). Finely mince the lemongrass.

Heat the oil in a large skillet over medium-high heat and add the chicken. Cook, stirring frequently, for 3 minutes, then add the ginger, lemongrass, jalapeño, fish sauce, sugar, garlic, and the lime zest and juice. Cook, stirring frequently, until the mixture is cooked through and the juices have almost evaporated, about 7 minutes. Remove the pan from the heat and stir in the mint and cilantro.

Arrange the romaine leaves on a platter. Transfer the chicken mixture to a bowl. To serve, top a lettuce leaf with some of the chicken, arranging it along the central rib, but stopping a half inch short of either end. Fold the leaf in half lengthwise, and enjoy!

# ROASTED BEET SALAD WITH WALNUTS AND *feta cheese*



Our co-founder, Myra Goodman, created this vibrant and tasty salad. Dressed with a tangy and sweet orange walnut vinaigrette, this salad delivers servings sure to make you smile! In addition, this recipe is flexible to make great use of what you have on hand — fresh goat cheese works as nicely as the feta.



**PREP TIME: 30 MIN • TOTAL TIME: 30 MIN • SERVES 4**

## INGREDIENTS

### Salad

1 lb roasted beets  
5 oz Earthbound Farm Organic Half & Half: Baby Spinach and Arugula (about 6 cups)  
 $\frac{1}{2}$  cup crumbled feta cheese  
 $\frac{1}{2}$  cup candied or toasted walnuts  
2 blood oranges or navel oranges (segmented)

### Orange Walnut Vinaigrette

$\frac{1}{2}$  cup good-quality roasted walnut oil  
 $\frac{1}{4}$  cup extra-virgin olive oil  
1 Tbsp orange or blood orange juice  
1 tsp finely grated orange zest  
5 Tbsp sherry vinegar  
2 tsp Dijon mustard  
1 Tbsp finely minced shallots  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp freshly ground pepper

## DIRECTIONS

To make the vinaigrette, place the roasted walnut oil and all the dressing ingredients from there to the end of the list in a glass jar and close the lid tightly. Shake vigorously to combine. Adjust the seasonings to taste. Allow the dressing to sit at room temperature for 1 hour to allow the flavors to develop before serving. (This recipe will make about  $1\frac{1}{4}$  cups of dressing; you'll use about  $\frac{1}{2}$  cup for the salad, or more to taste. Store any leftover vinaigrette in the refrigerator, tightly covered, for up to 1 month.)

Cut the beets in half or quarters (if you're using larger beets, cut into  $\frac{1}{2}$ -inch dice) so they're bite size. Place the beets in a small bowl, add 1 to 2 tablespoons of the vinaigrette and toss until the beets are coated. (This step can be done a day in advance, if desired.)

Just before serving, place the Half & Half in a large salad bowl. Add about 3 tablespoons of the vinaigrette. Toss to coat the leaves lightly, then taste and add more vinaigrette if needed.

Transfer the arugula to a platter or individual salad plates. Arrange the beets and orange segments on the greens and sprinkle them with the feta and nuts. Serve immediately.

**From Food to Live By: The Earthbound Farm Organic Cookbook by Myra Goodman**

Per serving: Calories 600, Fat 55 grams, Cholesterol 15 mg, Sodium 480 mg, Carbohydrates 23 grams, Fiber 5 grams, Sugars 16 grams, Protein 8 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 20%, Vitamin C 60%, Calcium 20%, Iron 10%.

# the **HEALTHY, HAPPY** **FACTS** about ➤ **ORGANIC**



**ORGANIC means we  
happily say NO to...**

- ✗ Toxic synthetic pesticides and fertilizers
- ✗ GMOs
- ✗ Irradiation
- ✗ Artificial ingredients and preservatives



**ORGANIC is a better choice**

- ❧ **It's safer!** For the people who eat it, the farmers who grow it and the environment we all share
- ❧ **It's healthier!** Research suggests organic produce may be more nutritious than conventional
- ❧ **It's happier!** A recent study shows that people who eat more fruits and vegetables have better mental health;\* and choosing organic means it's healthy for their bodies

\* "Is Psychological Well-being Linked to the Consumption of Fruit and Vegetables?" by David G. Blanchflower, Andrew J. Oswald, and Sarah Stewart-Brown

\*\* U.S. Families' Organic Attitudes and Beliefs 2013 Tracking Study

**ORGANIC means we have a long-term commitment to building healthy, thriving soil. We use techniques such as...**

✿ **Cover cropping:** Planting non-cash crops that enrich the soil and discourage weeds

✿ **Crop rotation:** Moving our crops regularly to ensure we're not depleting essential nutrients from the soil

✿ **Composting:** Enriching our soil by adding organic matter and microorganisms

✿ **Creating beneficial insect habitats:** Cultivating flowering plants near our fields to attract insects (like ladybugs) that help us control pests

**The best way to find  
ORGANIC products is to...**

- ✓ Look for the Earthbound Farm logo! We're only organic, all of the time!
- ✓ Look for the USDA organic seal
- ✓ Look for a "9" on bulk produce items



**When you choose ORGANIC  
you're in good company...**

- ↑ 81% of U.S. families are buying organic!\*\*
- ↑ 52% of U.S. families are buying more organic today than a year ago!\*\*



**Want to learn more?** For information and inspiration on living a healthier, happier, more organic life, join us at [www.earthboundfarm.com/organic-bound/](http://www.earthboundfarm.com/organic-bound/), or



# *tip:* SALAD DRESSING 101

Simple and delicious homemade salad dressing is as easy as 1-2-3.

## **STEP 1**

### **STEP 1**

Start with about  $\frac{1}{2}$  cup oil (olive oil, sesame oil, peanut oil, walnut oil, avocado oil, grapeseed oil)

## **STEP 2**

Whisk in  $\frac{1}{4}$  cup acidic juice or vinegar (lemon juice, balsamic vinegar, champagne vinegar, orange juice, rice vinegar)



## **STEP 3**

Sprinkle in flavor enhancers (garlic & shallot, mustard, sriracha, honey, tahini, jam, fresh herb, ginger, soy sauce)

## **tip: SALAD IN A JAR**

Eating lunch on the go, but still craving a salad? Never fear. The amazing *salad in a jar* means you'll never have to visit a drive-through again. Using a quart jar, layer your favorite salad ingredients in the order we have them here. Then pour into a salad bowl and toss when you're ready to eat. Voila! A simple, unbelievably good salad packed with delicious produce!

### **ORGANIC GREENS**

Romaine, Kale, Power Greens ,  
Baby Spinach or Spring Mix

### **CRUMBLED CHEESE**

Feta, blue or goat

### **COLORFUL VEGGIE VARIETY**

Tomatoes, cucumbers,  
shredded cabbage or carrots,  
red peppers and more

### **PROTEIN-PACKED WHOLE GRAINS**

Quinoa, brown rice or lentils

### **LEAN PROTEIN**

Roasted salmon, grilled chicken,  
black beans or garbanzos

### **DRESSING**

Your favorite or white wine vinegar,  
olive oil, salt + pepper



# TURKEY CRANBERRY wraps



Kids and adults alike love wraps. They're easy to eat on the go and can be a swirl of surprises. Make them with whole wheat or spinach tortillas for an extra health punch. Add in fruit or veggie spreads, sprinkle a smattering of organic greens, and roll more happy servings into your afternoon.

**PREP TIME: 10 MIN • TOTAL TIME: 10 MIN • SERVES 4**

## INGREDIENTS

- 4 whole wheat or spinach wraps
- 1 cup cranberry sauce (homemade or purchased)
- 8 Earthbound Farm Organic Romaine Leaves  
(or 2 cups Organic Baby Spinach)
- 8 oz thinly sliced turkey breast

## DIRECTIONS

- Place one wrap on a flat work surface.
- Spread  $\frac{1}{4}$  cup of cranberry sauce on the wrap, leaving 2 inches around the edge uncovered.
- Arrange a layer of spinach leaves (about  $\frac{1}{2}$  cup) on top of the sauce. Then arrange the turkey slices in the center of the wrap, vertically rather than horizontally, overlapping as needed.
- Fold the right and left sides of the wrap toward the center, so that the ends almost meet. Then roll up the wrap, starting from the bottom end (the end closest to you). Cut the wrap in half on a slight diagonal to create two halves — or alternately, you can cut the roll into several smaller slices.
- Repeat with the remaining wraps.



Calories per serving: 370, Total Fat 8 grams, Cholesterol 45 mg, Sodium 230 mg, Carbohydrates 51 grams, Fiber 6 gram, Sugars 28 grams, Protein 21 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 70%, Vitamin C 25%, Calcium 4%, Iron 15%.

# CARROT BUTTERNUT *soup*

All the flavors of autumn combine in this tasty, nutritious soup. Best of all, the recipe relies on carrot and apple juices as real time savers. For even more convenience, look for peeled and cubed butternut squash in your market's refrigerated case. Parsnips add a mellow undertone, while the ginger contributes a bit of lively heat to the soup, but both items are optional. The soup will keep in the refrigerator, covered, for up to 5 days.

**PREP TIME: 15 MIN • COOK TIME: 45 MIN • TOTAL TIME: 60 MIN • SERVES 6**

## INGREDIENTS

0.25 cup olive oil  
1 cup diced sweet yellow onion  
3 pound Earthbound Farm Organic Butternut Squash  
2 parsnips  
3 tablespoon grated fresh ginger  
4 cup vegetable or chicken stock  
2.5 cup carrot juice  
0.5 cup apple juice  
salt & ground white pepper  
A few gratings of fresh nutmeg  
6 tablespoon mascarpone or crème fraîche

## DIRECTIONS

Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring frequently, until the onion is soft, about 10 minutes.

Add the squash, parsnips, ginger, and stock to the pan. Cover and cook over medium heat until the vegetables are very tender, about 30 minutes. Let the mixture cool slightly, then purée in a food processor. (It may be necessary to do this in batches.)

Return the purée to the saucepan, and add the carrot and apple juices. Reheat slowly over low heat until the soup starts to simmer. Season to taste with salt, pepper, and nutmeg.

To serve, divide the soup among 6 warm bowls. Garnish with a swirl of mascarpone or crème fraîche, if using, and top with a sprinkling of nutmeg. Serve immediately.

# SPINACH AND EGGPLANT NO-NOODLE *lasagna*



Nobody will miss the noodles in this delicious layering of sliced eggplant, marinara and spinach combined with creamy ricotta cheese: veggie servings aplenty and taste that's out of this world!



**PREP TIME: 20 MIN • COOK TIME: 45 MIN • TOTAL TIME: 65 MIN • SERVES 8**

## INGREDIENTS

2 eggplants (about 1½ lb each, sliced ¼-inch thick, about 26 slices)  
1 package Earthbound Farm Frozen Organic Cut Spinach  
4 eggs  
1¼ cups part-skim ricotta cheese  
½ cup shredded Parmesan cheese  
25 oz marinara sauce (or any tomato-based pasta sauce you like)  
1 cup shredded mozzarella cheese  
Salt and freshly ground black pepper

## DIRECTIONS

Preheat the oven to 450°F. Line 2 baking sheets with heavy foil and grease the foil. Grease a 9x13-inch baking dish and set aside.

Arrange the eggplant slices on the foil, overlapping slightly if necessary. Sprinkle with salt and pepper, then spray the eggplant generously with vegetable oil cooking spray. Bake for 10 minutes or until the eggplant is very soft when pierced with a fork. Remove from oven, but leave the oven at 450°.

Meanwhile, defrost the frozen spinach in a covered dish in the microwave for 4 minutes or until it's soft enough to stir. Cool and squeeze out the excess liquid.

In a medium bowl, whisk the eggs, then stir in the ricotta, Parmesan and spinach.

Spread 1¼ cups of the marinara sauce over the bottom of the prepared baking dish. Lay half of the eggplant slices over the sauce, overlapping slightly if needed. Spread the spinach mixture over the slices, then top with the remaining eggplant. Spread the remaining marinara over the top.

Bake uncovered for 15 minutes. Sprinkle with mozzarella and bake 10 minutes more, or until the sides are bubbling and the cheese is melted. Let stand 10 minutes before cutting into squares.

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**Make-Ahead Note:** The lasagna may assembled in the baking dish and then refrigerated overnight. Bring to room temperature before baking.

**Fresh Variation:** Substitute 18 oz (about 4 cups, firmly packed) chopped spinach for the frozen. Slowly add it to ¼ cup water in a large skillet and cook (or microwave) just until wilted. Squeeze dry before adding to the eggs, ricotta and Parmesan.

## KALE ARUGULA *risotto*



Risotto has the reputation of being a difficult dish, but in reality, it's the very definition of comfort food in most Italian kitchens. It does take some stirring, but the result pulls together all your favorite flavors. So roll up your sleeves, fold together these simple ingredients and tuck into this creamy, delicious dish.



**PREP TIME: 20 MIN • COOK TIME: 30 MIN • TOTAL TIME: 50 MIN • SERVES 4**

## **INGREDIENTS**

4 Tbsp olive oil  
1 lb shiitake mushrooms (sliced)  
 $\frac{1}{3}$  cup sundried tomatoes (cut into thin ribbons, or julienne)  
1 onion (cut into small dice)  
2 tsp chopped garlic  
2 cups Arborio rice  
 $\frac{1}{3}$  cup white wine  
4 cups vegetable stock (hot)  
5 oz Earthbound Farm Organic Kale Italia  
2 tsp dried thyme  
1 tsp salt  
 $\frac{1}{2}$  tsp freshly ground black pepper  
 $\frac{1}{2}$  cup grated Parmesan cheese

## **DIRECTIONS**

Heat 2 tablespoons of the olive oil in a medium-size skillet. Add the mushrooms and sauté over medium-high heat until soft and brown. Remove from the heat and toss together with the sundried tomatoes. Set aside.

In a large pot, heat the remaining 2 tablespoons of oil over medium-high heat. Add the onion and sauté for 2 to 3 minutes. Add the garlic and continue to cook, stirring frequently, until the onion and garlic are soft and fragrant.

Add the rice and continue cooking, stirring constantly, until the mixture is hot, about 2 minutes. Add the wine and cook, still stirring constantly, until the liquid is almost completely absorbed. Add the hot stock a cup at a time, continuing to stir; wait until liquid is absorbed before adding more.

After the third cup of stock, add the mushroom and sundried tomato mixture. Continue to stir well until the liquid is absorbed. Add the last of the stock and the greens, thyme, salt and pepper. Keep stirring until the greens are wilted.

Remove the pot from the heat. Add the Parmesan cheese and stir until well combined. Serve hot. Enjoy!

# CREAMED PARMESAN *spinach*



Spinach haters at your table? No longer. Rich and creamy spinach, blended with Parmesan cheese and a hint of nutmeg, will make believers of even the staunchest spinach opponents. Serve it up alongside beef, pork, chicken or fish (anything really), and take credit for added helpings toward happiness.



**PREP TIME: 5 MIN • COOK TIME: 10 MIN • TOTAL TIME: 15 MIN • SERVES 4**

## INGREDIENTS

2 lbs Earthbound Farm Organic Baby Spinach

*This dish is also delicious when made with Earthbound Farm Organic Baby Kale, Power wGreens, or Mighty Spinach.*

2 Tbsp unsalted butter ( $\frac{1}{4}$  stick)

2 Tbsp unbleached all-purpose flour

1½ cups whole or lowfat milk

½ cup heavy (whipping) cream

¼ cup freshly grated Parmesan cheese

¼ cup toasted breadcrumbs (optional)

¼ tsp nutmeg, freshly ground

Coarse kosher salt, to taste

Freshly ground black pepper, to taste

## DIRECTIONS

Steam the spinach in a steamer basket over boiling water until it wilts, about 1 minute. Transfer the spinach to a colander to drain.

Wrap the spinach in a clean dishcloth and squeeze out any remaining water. (If you don't want a green-tinted dishcloth, you can squeeze out the water with your hands after the spinach cools slightly.)

Melt the butter in a large skillet over medium-low heat. Add the flour and cook for 2 minutes, whisking constantly. Add the milk and the cream in a steady stream, continuing to whisk, and cook until the cream sauce thickens, about 2 minutes.

Add the spinach to the cream sauce and stir to combine. Stir in the Parmesan cheese, nutmeg and breadcrumbs (if using), and cook until the spinach is heated through, about 1 minute. Season with salt and pepper to taste. Serve hot.

**Cook Note:** To make this recipe with frozen spinach, thaw 20 oz frozen chopped spinach. Squeeze the spinach with your hands or in a clean dishcloth to remove any water. Then, continue with the recipe from melting the butter.

**From Food to Live By: The Earthbound Farm Organic Cookbook by Myra Goodman**

Per serving (without breadcrumbs): Calories 290, Fat 22 grams, Cholesterol 70 mg, Sodium 300 mg, Carbohydrates 14 grams, Fiber 4 grams, Sugars 5 grams, Protein 11 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 350%, Vitamin C 15%, Calcium 35%, Iron 15%.

# SOBA NOODLE SALAD WITH PEANUT dressing



It's probably no surprise that we're big fans of entrée salads, and this is one of our all-time favorites. The noodles make it substantial, the crisp veggies and crunchy nuts give it texture, and the dressing loads it up with flavor. It's all here — in one simple salad bowl!

**PREP TIME: 30 MIN • COOK TIME: 10 MIN • TOTAL TIME: 40 MIN • SERVES 8**

## INGREDIENTS

### Peanut Dressing:

(makes about 3 cups)

1 cup freshly squeezed orange juice  
½ cup creamy peanut butter  
4 Tbsp peeled, chopped fresh ginger  
4 Tbsp fresh lime juice or  
unseasoned rice vinegar  
2 Tbsp tamari or soy sauce  
2 Tbsp sweet chili sauce  
Grated zest of 1 orange  
Grated zest of 1 lime  
2 tsp minced garlic  
1 Tbsp Sriracha sauce or hot chili paste  
½ cup canola oil  
2 Tbsp toasted sesame oil, divided

### Salad:

1 Tbsp salt  
8 oz soba (buckwheat) noodles,  
either dry or pre-cooked  
5 oz Earthbound Farm Organic Zen  
3 oz snow peas, cut diagonally  
into 3 pieces (about 1¼ cups)  
1 red bell pepper, seeded and  
cut into small strips (about ½ cup)  
3 green onions (finely sliced)  
2 baby bok choy, cored  
and thinly sliced crosswise  
1 cup edamame  
1 carrot (peeled and grated)  
¼ cup fresh mint or cilantro, chopped  
½ cup salted peanuts  
2 Tbsp toasted sesame seeds



#### DIRECTIONS

To make the dressing, place the orange juice, peanut butter, ginger, lime juice, tamari, chili sauce, grated citrus zest and garlic in a blender or food processor and process until smooth. With the machine running, slowly add the canola oil and 1 tablespoon of the sesame oil. Season to taste with salt. Set aside or refrigerate, covered, for up to 1 week.

If cooking noodles: Bring a large pot of water to a boil over high heat and add 1 tablespoon of salt. Break the noodles in half and add them to the boiling water. Simmer, stirring occasionally, until just tender, about 8 minutes or according to package instructions. Drain the noodles in a colander and rinse with cold water to stop the cooking process. Drain completely and transfer the noodles to a large bowl. Toss with the remaining 1 tablespoon of sesame oil to keep the noodles from getting sticky.

Add the Zen, snow peas, peppers, green onions, bok choy, edamame, carrot and mint to the noodles and toss to combine. Add 1½ cups of the dressing and toss to coat; taste and add more dressing as desired. Garnish with the sesame seeds and peanuts, and serve. If you're making this salad in advance, add the peanuts just before serving so they keep their crunch. In a lunchbox, you can pack them separately.

Calories per serving: 260, Fat 16 grams, Cholesterol 0 mg, Sodium 280 mg, Carbohydrates 22 grams, Fiber 4 grams, Sugars 4 grams, Protein 9 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 110%, Vitamin C 60%, Calcium 15%, Iron 15%.

## SUMMER BERRY *crisp*



The subtle citrus notes in this simple homestyle favorite make the berry flavors sparkle. Of course, this crisp really doesn't need adornment, but if you're inclined, a scoop of ice cream adds another layer of irresistibility.



**PREP TIME: 20 MIN • COOK TIME: 35 MIN • TOTAL TIME: 55 MIN • SERVES 8**

## INGREDIENTS

### Filling:

6 cups assorted Earthbound Farm organic berries (fresh or frozen, such as blueberries, blackberries or hulled strawberries)  
1 grated orange zest  
1 grated lemon zest  
1 Tbsp fresh lemon juice  
2 Tbsp orange-flavored liqueur, such as Cointreau or Grand Marnier (optional)  
½ cup granulated sugar  
2 Tbsp cornstarch

### Topping:

¾ cup unbleached all-purpose flour  
½ tsp allspice  
¼ tsp salt  
½ cup dark brown sugar, firmly packed  
2 tsp granulated sugar  
6 Tbsp unsalted butter  
½ cup old-fashioned rolled oats (not instant)

## DIRECTIONS

Position a rack in the center of the oven and preheat to 375°F.

Make the filling: Place the berries, orange zest, lemon zest, lemon juice and liqueur (if using) in a large bowl. Place the granulated sugar and the cornstarch in a small bowl and whisk to combine. Add the sugar mixture to the berries and toss gently to combine. Transfer the berry mixture to a shallow 8x8 baking dish.

Make the topping: Place the flour, allspice, salt, brown sugar, granulated sugar and butter in a medium-size bowl. Using your fingers, blend in the butter until it's in pieces roughly the size of peas. Add the rolled oats and stir to combine. Sprinkle the topping over the berries, but don't pack it down.

Bake the crisp until the fruit juices bubble up around the edges of the baking dish and the topping turns golden, 30 to 35 minutes. Let the crisp cool slightly before serving it warm.

**From Food to Live By: The Earthbound Farm Organic Cookbook by Myra Goodman**

Calories per serving, without optional liqueur: 300, Fat 9 grams, Cholesterol 25 mg, Sodium 80 mg, Carbohydrates 54 grams, Fiber 4 grams, Sugars 35 grams, Protein 3 grams. Percentage Daily Values per serving (based on a 2,000-calorie diet): Vitamin A 6%, Vitamin C 30%, Calcium 4%, Iron 8%.



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