



Spinach Cottage-cheese Tart

Get your daily dose of spinach and dairy with this healthy and delicious snack.

Cut this tasty treat into wedges and serve with pita bread triangles or crackers.

Ingredients 1 pound fresh spinach leaves, washed (weigh after removing stems) 1 cup whole-milk cottage cheese 1 cup finely grated Asiago cheese 2 eggs, beaten 1 clove garlic, minced Scant 1/2 tsp. freshly grated nutmeg 1/2 tsp. salt 1/2 tsp. freshly ground black pepper 1 T. olive oil 1/2 cup sliced almonds

Preparation

In a tall stockpot, heat 4 inches of water to boiling. Add washed spinach, cover, and cook for 2 to 3 minutes, stirring once or twice, until spinach is cooked through but not mushy. Drain into a large colander. Press with the back of a spoon to remove as much liquid as possible. Using kitchen shears, chop the spinach coarsely while still in the colander, and press again to remove liquid.

Puree the cottage cheese until smooth (a stick blender works well for this). Stir in the Asiago cheese, eggs, garlic and spices. Add the spinach, and stir gently until well-combined.

Use the olive oil to grease a 9- or 10-inch glass pie plate. Spoon the spinach mixture into the pie plate, and smooth to distribute evenly. Sprinkle with sliced almonds.

Bake, uncovered, in a 350-degree F oven for 25 minutes. Place on a wire rack to cool. Can be served warm or at room temperature. Makes 12 appetizer servings.