

Ma's Spinach Spread

This tasty spinach spread never loses its charm. Serve with gluten free or whole-grain crackers, crispbreads, or raw veggies. This is compatible with carrots, cauliflower, bell pepper, and celery.

Categories

Gluten-free

Yields: 10 servings

Preparation time: 20 mins

Cooking time: 0 mins

Category: Spread

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Cucumber, raw, without peel	0.5 cup
Tofu (mori-nu, silken, firm)	12.3 ounce
Spinach (frozen, chopped or leaf, unprepared)	1 package (10 oz)
Lemon juice, fresh	0.5 each - juice from one lemon
Scallions or spring onions, tops only, raw	1 stalk
Dill weed, fresh	1 tablespoon
Frontier, organic all-purpose seasoning blend	4 x 0.25 tsp
Basil, dried	0.25 teaspoon
Black pepper, ground	1 dash

Instructions

Preparation

1. You will need the cucumber to be peeled, seeded, and finely chopped
2. You will need the package of frozen spinach to be thawed, and the moisture completely squeezed out
3. You will need the juice of 1/2 a lemon
4. You will only need 1 scallion, minced
5. You will need the 1 tablespoon of minced fresh dill, or 1 teaspoon of dried dill
6. You will need the freshly ground pepper to taste

Directions

1. Spread the chopped cucumber over two or three layers of paper towel.

2. Cover with another two layers, then place a cutting board or some other weight on top. Let stand while proceeding with the recipe.
3. Place the spinach in the food processor and process until smoothly pureed.
4. Add the remaining ingredients (except the cucumber) and process until the spinach is well incorporated with the tofu, but not completely pureed.
5. Transfer to a serving bowl and stir in the cucumber. Serve at once or cover and refrigerate until needed