



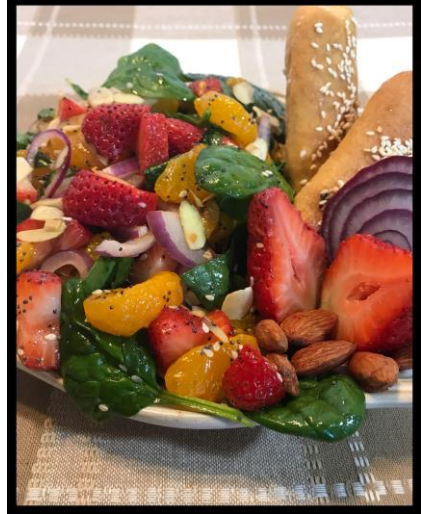
## Recipes for Fresh Spinach and Corn Flakes



**Spinach Mac and Cheese**



**Spinach Dip**



**Spinach Strawberry Salad**



**Corn Flake Sticks**



**Corn Flake Crunch Bars**



**Corn Flake Chicken**



## Recipes for Fresh Spinach and Corn Flakes

### Spinach Mac and Cheese

**You will need:**

1-1/2 cups fresh spinach  
1/2 lb. sausage, cut into circles

favorite Mac and Cheese recipe, or a boxed or frozen product

**Instructions:**

- Preheat oven to 375 degrees F.
- Prepare favorite Mac and Cheese according to recipe or boxed instructions.
- Cut sausage into circles about 1/2 inches thick.
- In a large skillet over medium-high heat, cook sausage until browned.
- Add spinach and cook until wilted, about 2 minutes.
- Add sausage circles and cooked spinach to prepared Mac and Cheese. Place in greased casserole dish.
- Bake for 15 minutes or until mixture is cooked and brown on top.

### Spinach Dip

**You will need:**

1 (10 oz.) package fresh spinach  
1 package dry vegetable recipe soup mix  
3 green onions, chopped (optional)

1 (16 oz.) container sour cream

1 cup mayonnaise

1 (8 oz.) water chestnuts, drained and chopped (optional)

3/4 cups fresh carrots, diced (optional)

**Instructions:**

- Rinse, drain, and pat dry spinach. Chop spinach into small pieces.
- Combine all ingredients and chill for about 2 hours before serving.
- Serve with fresh cut vegetables, crackers, or small bread sticks.

### Spinach Strawberry Salad

**You will need:**

1 (10 oz.) package fresh spinach, rinsed, dried, and torn into bite-sized pieces  
1/2 cup olive oil  
1/4 tsp. Worcestershire sauce  
1/4 cup slivered almonds, blanched, (optional)  
1 can of mandarin oranges, drained (optional)

1/2 cup white sugar

1/4 cup distilled white vinegar

1/4 tsp. paprika

2 tbsp. sesame seeds, optional

1/2 cup crumbled blue cheese

1 small red onion, thinly sliced

1 quart strawberries, sliced

**Instructions:**

- In a medium bowl, whisk together sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, and Worcestershire sauce. Cover and chill for 1 hour.
- In a large bowl, combine spinach, strawberries, mandarin oranges, red onion, and almonds.
- Pour dressing over salad and toss.
- Refrigerate 10 - 15 minutes before serving.

## Corn Flake Sticks

### You will need:

|                      |                            |   |
|----------------------|----------------------------|---|
| 2 cups cornflakes    | 1 cup all-purpose flour    | $\frac{1}{4}$ tsp. cayenne, chili, or cumin powder (optional) |
| 2 large eggs, beaten | 4 mozzarella cheese sticks | salt and pepper to taste                                      |

### Instructions:

- Preheat oven to 400 degrees F. Line a baking sheet with parchment.
- Add cornflakes to a zip lock baggie and crush them until they are the consistency of bread crumbs.
- Cut the cheese in half crosswise so they are the length of regular mozzarella sticks.
- Dip each piece in the flour to coat; shake off excess. Drop into eggs and then into cornflake crumbs.
- Shake to coat. Drop coated cheese back into the egg and then cover with another layer of cornflakes.
- Place sticks on prepared baking sheet. Bake the sticks until the cheese melts, 5 - 7 minutes.

## Corn Flake Chicken

### You will need:

|                                    |  |                       |
|------------------------------------|--|-----------------------|
| 6 cups coarsely crushed cornflakes | 4 boneless, skinless chicken breast halves | 1 tsp. cayenne pepper |
| $\frac{1}{2}$ cup flour            | 1 tsp. dried thyme                         | 2 large eggs          |
| salt and pepper to taste           | 3 tbsp. butter, melted                     |                       |

### Instructions:

- Preheat oven to 375 degrees F. Line a rimmed baking sheet with foil.
- Place each chicken breast half between 2 sheets of plastic wrap. Pound chicken to  $\frac{1}{2}$ -inch thickness.
- Mix flour, thyme, cayenne pepper, salt, and pepper. Whisk eggs in a shallow dish.
- Spread cornflake crumbs on a second rimmed baking sheet.
- Dip chicken into seasoned flour, turning to coat, then dip in egg mixture. Remove chicken.
- Allow excess egg to drip off. Then press both sides into corn flakes. Transfer to baking sheet.
- Drizzle chicken with melted butter. Bake until coating is crisp and chicken is cooked, about 30 min.

## Corn Flake Crunch Bars

### You will need:

|                            |                        |                   |
|----------------------------|------------------------|-------------------|
| 10 cups corn flakes        | 1 cup light corn syrup | 1 cup white sugar |
| 1 cup smooth peanut butter | 1 tbsp. butter         |                   |

### Instructions:

- Cook corn syrup and sugar until mixture comes to a boil. Stir constantly; do not overcook.
- Remove from heat, add peanut butter, and stir until smooth.
- Pour mixture over corn flakes in a large bowl. Mix until cereal is thoroughly coated.
- Spread into a buttered 9x13-inch pan and press down lightly with greased hands.
- When cooled, cut into squares.

## Cheesy Hash Brown Recipe

### You will need:

|                                      |                                     |                                  |
|--------------------------------------|-------------------------------------|----------------------------------|
| 2 cups crushed cornflakes            | 2 lbs. frozen hash browns, thawed   | 1.5 (3/4 cup) sticks butter      |
| $\frac{1}{4}$ tsp. pepper            | 1 tsp. salt                         | $\frac{1}{2}$ cup onion, chopped |
| 1 (10 oz.) can cream of chicken soup | 2 cups sharp cheddar cheese, grated | 2 cups sour cream                |

### Instructions:

- Preheat oven to 350 degrees F. In a bowl, combine thawed hash browns with  $\frac{1}{2}$  cup melted butter.
- Add all other ingredients except the corn flakes. Spread into a 9x13" baking dish.
- Mix  $\frac{1}{4}$  cup melted butter and the cornflakes together and sprinkle over top of casserole.
- Bake at 350 degrees F, uncovered, for 1 hour. Serve hot.