



FRESH TORTILLAS WITH SAUTÉED SPINACH, PICKLED RED ONION, AND MINT QUARK

Recipe by Natural Gourmet Institute

SERVES 6

Pickled Red Onions

1 red onion*, halved and thinly sliced crosswise
2/3 cup brown rice vinegar
3 tablespoons honey*
½ teaspoon sea salt

Cilantro Quark

1 cup quark* (cottage cheese or plain yogurt also work well)
½ ounce fresh mint*, chopped
½ teaspoon ground cumin
Pinch black pepper

Sautéed Spinach

2 tablespoons unsalted butter*
1 pound fresh spinach*, chopped
Pinch sea salt

8 fresh tortillas*, cut into wedges

Directions:

1. **Pickled Red Onions:** Combine all ingredients in a pot and bring to a boil. Reduce heat to low and simmer until onions are tender and bright pink, about 10 minutes. Remove from heat, drain, and let cool completely.
2. **Cilantro Quark:** In a small bowl, mix quark, mint, cumin, sea salt, and black pepper.
3. **Spinach:** Melt butter in the skillet. Add spinach and sea salt; cook over high heat until wilted.
4. Serve spoonfuls of the quark on the tortilla wedges. Top with spinach and pickled red onion.
5. **Make it a meal: Serve with breaded white fish.**

**Ingredients available seasonally at your neighborhood Greenmarket*

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