



FRESH TORTILLAS WITH GREEN GARLIC SPINACH & SPRING ONION YOGURT

Recipe by Natural Gourmet Institute

SERVES 6

Ingredients:

2 tablespoons extra virgin olive oil
1 spring onion*, minced
1 cup natural plain yogurt*
½ ounce fresh mint*, chopped
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon sea salt
Pinch black pepper

2 tablespoons unsalted butter*
4 thin stalks green garlic*, white ends minced (about 2 tablespoons)
1 pound fresh spinach*, chopped

8 fresh tortillas, cut into wedges*

**Ingredients available seasonally at your neighborhood Greenmarket*

Directions:

1. In a small skillet, heat olive oil. Add spring onion and sauté for 1 minute, until tender. Let cool.
2. In a small bowl, whisk together yogurt, mint, cumin, coriander, sea salt, and black pepper. Stir in sautéed spring onion and olive oil. Set aside.
3. Melt butter in the skillet. Sauté green garlic for 1 minute, until tender. Add spinach and cook over high heat until wilted.
4. Serve spoonfuls of the spinach on the tortilla wedges and top with the spring onion yogurt.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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