

Spinach and Kale Turnovers

From – myrecipes.com

2 tsp olive oil
1 cup chopped onion
1 garlic clove, chopped
3 cups chopped kale (about 1 small bunch)
6 oz spinach
½ tsp freshly ground black pepper
¼ tsp salt
1/8 tsp ground nutmeg
¾ cup (3 oz) crumbled feta cheese
1 (11.3 oz) can refrigerated dinner roll dough
cooking spray
2 ½ Tbsp grated fresh Parmesan cheese

- Preheat oven to 375 degrees.
- Heat olive oil in a large skillet over medium-high heat.
- Add onion. Saute` 10 minutes or until tender and lightly browned.
- Add garlic. Saute` 2 minutes.
- Add kale and spinach. Saute` 8 minutes or until kale is tender.
- Stir in pepper, salt and nutmeg.
- Remove from heat. Cool slightly. Stir in feta.
- Separate dough into 8 pieces.
- Roll each dough piece into a 5” circle.
- Spoon about 1/3 cup kale mixture on half of each circle, leaving a ½” border.
- Fold dough over kale mixture until edges almost meet. Bring bottom edge of dough over top edge. Crimp edges of dough with fingers to form a rim.
- Place turnovers on a baking sheet coated with cooking spray.
- Lightly coat turnovers with cooking spray. Sprinkle each turnover with about 1 tsp Parmesan.
- Bake for 18 minutes or until golden brown.
- Let stand at least 5 minutes before serving.
- Serve warm or at room temperature.



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