

For recipe card:

Greens and Cheddar Appetizer Squares

2 tablespoons butter, divided

1 ½ pounds beet greens, Swiss chard, mature spinach, Tuscan kale, turnip greens, mustard greens, bok choy, or a mixture, washed well and thick stems removed (reserve the edible stems of the bok choy and Swiss chard for another purpose)

3 eggs

1 cup flour

1 cup milk

¼ teaspoon salt, plus additional salt & pepper

1 teaspoon baking powder

1 cup chopped spring onion, about 2 medium (scallions may be substituted)

1 pound sharp Cheddar cheese, shredded

Cooking spray

Heat oven to 350 degrees.

In a large nonstick skillet over medium heat, heat 1 Tablespoon butter until melted. Add half of the greens, season with salt and pepper, and cook, stirring occasionally, until greens wilt, about 3-5 minutes. Repeat with the remaining greens. (If you are using different kinds of greens, you may want to sauté separately as they cook at slightly different rates.) Drain the greens, pressing on leaves to extract as much water as possible. Let cool a bit.

Meanwhile, in a large mixing bowl, beat eggs; add flour, milk, salt and baking powder and mix well. Stir in onion and cheese.

When greens are cool enough to handle, mass them on the cutting board and chop finely. Stir greens into the egg mixture.

Spray a 9- by 13-inch baking dish with cooking spray. Pour greens mixture into pan and bake for 35-40 minutes, until top is dark golden brown.

Cool thoroughly; cut into squares or triangles.

Makes 48 pieces.

Greens and Cheddar Appetizer Squares – amount for sheet pan

4 tablespoons butter, divided

3 pounds beet greens, Swiss chard, mature spinach, Tuscan kale, turnip greens, mustard greens, bok choy, or a mixture, washed well and thick stems removed (reserve the edible stems of the bok choy and Swiss chard for another purpose)

6 eggs

2 cups flour

2 cups milk

1/2 teaspoon salt, plus additional salt & pepper

2 teaspoons baking powder

2 cups chopped spring onion, about 4 medium (scallions may be substituted)

2 pounds sharp Cheddar cheese, shredded

Cooking spray

Heat oven to 350 degrees.

In a large nonstick skillet over medium heat, heat 1 Tablespoon butter until melted. Add half of the greens, season with salt and pepper, and cook, stirring occasionally, until greens wilt, about 3-5 minutes. Repeat with the remaining greens. (If you are using different kinds of greens, you may want to sauté separately as they cook at slightly different rates.) Drain the greens, pressing on leaves to extract as much water as possible. Let cool a bit.

Meanwhile, in a large mixing bowl, beat eggs; add flour, milk, salt and baking powder and mix well. Stir in onion and cheese.

When greens are cool enough to handle, mass them on the cutting board and chop finely. Stir greens into the egg mixture.

Spray a sheet pan with cooking spray. Pour greens mixture into pan and bake for 35-40 minutes, until top is dark golden brown.

Cool thoroughly; cut into squares or triangles.

Makes 96 pieces.

Quantities for 10 recipes/5 pans

22 tablespoons butter (3 sticks), divided

15 pounds beet greens, Swiss chard, mature spinach, Tuscan kale, turnip greens, mustard greens, bok choy, or a mixture

30 eggs

10 cups flour

10 cups milk (1/2 gallon)

5 teaspoons salt, plus additional salt & pepper

10 teaspoons baking powder

20 medium spring onions

10 pounds sharp Cheddar cheese, shredded

Cooking spray