

Make-Ahead Recipe #3: Green Puree



Makes about 2 cups of puree This recipe makes about 2 cups of puree; double it if you want to store another 2 cups. It will keep in the refrigerator for up to 3 days, or you can freeze 1/4-cup portions in sealed plastic bags or small plastic containers.

- 2 cups raw baby spinach leaves
- 2 cups broccoli florets, fresh or frozen
- 1 cup sweet green peas, frozen
- 2 to 3 tablespoons water

> If using raw spinach, thoroughly wash it, even if the package says "prewashed."

> To prepare on the stovetop, pour about 2 inches of water into a pot with a tight-fitting lid. Put a vegetable steamer basket into the pot, add the spinach and broccoli, and steam for about 10 minutes, until very tender. Add the frozen peas to the basket for the last 2 minutes of steaming. Drain.

> To prepare in the microwave, place the broccoli and spinach in a microwave-safe bowl, cover with water, and microwave on high for 8 to 10 minutes, until very tender. Add peas for last 2 minutes of cooking. Drain.

> Place the vegetables in the bowl of your food processor along with 2 tablespoons of water. Puree on high until as smooth as possible. Stop occasionally to push the contents to the bottom. If necessary, use another tablespoon of water to smooth out the puree.