

HARVEST OF THE MONTH:

Spinach



THE PRINCE OF VEGETABLES

Spinach has...

- More than 100% of the daily value for Vitamin A—helps eyes, skin and hair
- More than 4 times the recommended daily value for Vitamin K—builds strong bones by helping calcium adhere to the bone
- Folate—helps growing cells
- Vitamin C—helps heal wounds and bruises and controls cholesterol levels
- Vitamin E—helps keep tissues healthy and supports the immune system
- Vitamins B1, B2, B3, B5, B6—helps with muscle and nerve energy, anti-stress, anti-depression and healthy brain cells

COOKED OR RAW? BOTH!

- Spinach has the most nutrients when eaten fresh.
- Cooked spinach increases betacarotene but reduces vitamin C and folate levels.
- To preserve nutrients, lightly steam, micro-wave or stir-fry spinach. Avoid boiling spinach leaves.
- Try rolling up carrot pieces inside spinach leaves for a healthy version of pigs-in-a-blanket!
- Serving size is ½ c. for children and 1 c. for adults.
- Eat spinach BOTH ways everyday!

PRODUCE TIPS

- Fresh spinach is usually found loose or bagged and is available year-round in most stores.
- Select leaves that are crisp and green. Avoid leaves that are limp, damaged or spotted.
- Store loosely in an open bag in the refrigerator vegetable tray.
- If you cannot find fresh spinach, look for it canned, frozen, or in baby food.

Add a handful of spinach to your next smoothie—it will change the color but not the taste!

Nutrition Facts

Serving Size 113 g

Amount Per Serving

Calories 18 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 1g

Vitamin A 5% • Vitamin C 32%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Spinach Recipes

EASY SPINACH FRUIT SALAD

INGREDIENTS

- 4 cups fresh spinach leaves
- 1 cup fresh strawberries, bite-size pieces
- 1 cup fresh cantaloupe, bite-sized pieces

DIRECTIONS

Wash spinach, strawberries and cantaloupe. Tear spinach and slice fruit into bite-size pieces. Toss spinach and fruit pieces together in large bowl. Serve and enjoy!

ORANGE SUNRISE SMOOTHIE

INGREDIENTS

- ½ ripe banana
- ½ C. spinach leaves, rinsed
- 1 C. orange juice
- ½ C. strawberries (fresh or frozen) (optional)

DIRECTIONS

Blend all ingredients until smooth. Serve and enjoy!

SPINACH BITES

INGREDIENTS

- 2 C. breadcrumbs
- 1 small onion, finely chopped
- 4 eggs
- ¼ cup grated Parmesan cheese
- ¼ C. olive oil
- 3 tablespoons vegetable broth
- 1 garlic clove, minced
- 1 teaspoon dried thyme (optional)
- Salt & pepper, to taste
- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed dry

DIRECTIONS

In a large bowl, combine the first 11 ingredients. Stir in spinach until blended. Roll into 1-inch balls. Place on a baking pan greased with oil. Bake at 350° for 15-20 minutes or until golden brown.

SPINACH SALSA

INGREDIENTS

- 1 large tomato, diced
- ½ sweet onion, diced
- 1 C. spinach leaves, chopped
- 1 tsp cilantro
- 2 tsp. lime or lime juice
- 1 tsp tabasco (optional)

DIRECTIONS

Combine all ingredients and serve with whole wheat tortilla chips.

SPINACH DIP

INGREDIENTS

- 1 10 oz package frozen chopped spinach
- 1 ½ c. fat-free sour cream
- 3 green onions, finely chopped
- 1 C. fat-free mayonnaise
- 1 2 lb. bag of baby carrots
- 1 4 oz. package dry vegetable soup mix
- 1 8 oz. can water chestnuts, chopped thawed and drained

DIRECTIONS

Defrost spinach overnight in the refrigerator. Drain liquid and wrap the spinach in paper towels. Squeeze the spinach to remove excess water. In a medium bowl, stir together spinach, sour cream and soup mix. Add finely chopped water chestnuts and green onions. Cover and refrigerate for at least 2 hours. Serve with baby carrots for dipping.

