



SPINACH

DID YOU KNOW?



Popeye loves his spinach and it's no wonder! Spinach is a powerhouse of nutrients and antioxidants.



The name for spinach is derived from the Persian word "ispanai" which means "green hand".



A source of calcium and vitamin K, spinach is good for your bones!



Spinach varieties can be smooth, savoy (curly), or semi-savoy (slightly curly).



Spinach is most readily available in the spring and fall, and can be eaten raw or cooked.

SPINACH

— FRESH AND HEALTHY —

Spinach is a versatile vegetable that is available year round. Raw or cooked, it is packed with nutrients and can be easily added to many recipes. Be creative!

Best Time to Buy:
March - May + Sept. - Oct.

Spinach Benefits U!

- Fat & Cholesterol Free
- Source of dietary fiber & magnesium
- High in Vitamin A, C, iron, & folate

1 cup = 7 calories



Add Color to Your Meal

- Add raw spinach to salads, sandwiches, wraps or smoothies.
- Chop and add to casseroles, soups, pizza, pasta, or other main dishes.
- Sauté and add to eggs for a veggie-full quiche or frittata; combine with other vegetables for a stir-fry medley.

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RECIPE CORNER

Spinach and Egg Wraps

Makes 4 servings

WRAP INGREDIENTS:

4 hard-boiled eggs
4 flour tortillas or healthy wraps
4 cups raw spinach
1 cup sliced mushrooms
1 cup diced tomatoes
1 cup finely sliced red onion
1/2 cup crispy bacon, diced
1/2 cup mozzarella cheese, shredded

DRESSING INGREDIENTS:

5 Tbsp red wine vinegar
1/2 cup reduced fat sour cream
1/2 - 1 tsp salt
1-2 Tbsp sugar
2 garlic cloves, minced
1/2 tsp dry mustard
1 tsp olive oil

To make dressing: Combine ingredients in jar with lid. Shake well. **To assemble wraps:** Divide spinach, mushrooms, tomatoes, red onion, bacon, and cheese between four tortillas. Drizzle with dressing. Roll up and enjoy!



Nutrition Facts			
Serving Size 1.00 serving(s) (226g)			
Amount Per Serving			
Calories	255	Calories from Fat	102
% Daily Value			
Total Fat	11.4g		17 %
Saturated Fat	4.1g		21 %
Trans Fat	0.0g		
Cholesterol	199.8mg		67 %
Sodium	478.5mg		20 %
Total Carbohydrate	22.7g		8 %
Dietary Fiber	2.7g		11 %
Sugars	4.7g		
Protein	15.8g		
Vitamin A	70 %	Calcium	21 %
Vitamin C	29 %	Iron	15 %

FAST FACTS

SELECTION

Look for fresh, crisp, green leaves with no signs of insect damage. Avoid yellowing or damaged leaves.

STORAGE

Store fresh spinach leaves in a plastic food storage bag in the refrigerator crisper. Fresh spinach should last 3 to 5 days. Do not rinse until ready to use.

PREPARATION

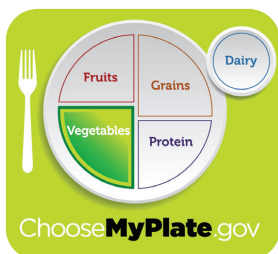
Rinse leaves individually under cool running water to remove sand and grit. Pat dry.

**Note: 1 pound of fresh spinach will cook down to 1 cup, about 2 servings.*

PRESERVATION

Freezing Spinach:

Wash thoroughly. Remove woody stems. Water blanch for 2 minutes. Cool promptly, drain & package, in freezer containers or freezer bags, leaving 1/2 inch head space. Seal and freeze.



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