

Spinach

Selection - Choose crisp, bright green bunches with leaves free from spots.

Storage - Store unwashed in the refrigerator. Loosely wrap in damp paper towels and wash before eating or cooking (stays fresh for 3-5 days).

Nutrition - Iron in spinach supports healthy blood and running of all cells.

3 EASY WAYS TO USE SPINACH

- Add washed raw spinach leaves to any soup, salad, egg or pizza dish for added fiber.
- To sauté spinach, heat olive oil in a pan, add chopped onions and mushrooms; cook for about 3-5 minutes. Add spinach and cook for 1-2 more minutes. Sprinkle with some garlic powder and lemon juice, stir, then serve.
- To make a spinach dip, add cooked spinach to soft cream cheese, Greek yogurt, garlic and cheese. Pair with fresh veggies or whole grain crackers for a healthy snack.



Spinach Salad with Apples and Raisins

Makes 4-6 Servings

Ingredients

Salad

- ☐ 1 bag baby spinach, about 2 cups (10 ounces, washed)
- ☐ 2 apples, chopped
- ☐ 1 cup raisins or dried cranberries
- ☐ 1/2 cup walnuts
- ☐ 1/4 cup cheese

Dressing

- ☐ 1/4 cup canola oil
- ☐ 1/4 cup apple cider vinegar
- ☐ 1 tablespoon sugar
- ☐ Garlic powder (pinch)

Directions

1. Combine spinach, apples, raisins, walnuts and cheese.
2. Mix all dressing ingredients and pour over salad just prior to serving.
3. Add chicken or eggs to salad to make a full meal.

