

Spinach

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, wraps, lasagna or other vegetable dishes.



HOW DO I MAKE A GOOD SELECTION?

Spinach should have fresh green leaves. Avoid if the leaves are limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside.

WHAT IS THE PROPER STORAGE?

Loosely wrap spinach in a damp paper towel and place in plastic bag. Refrigerate for up to five days. When ready to use, gently rub under cold running water and dry with a paper towel.

WHY SHOULD I EAT THIS?

Spinach is high in Vitamin A, which help keeps eyes and skin healthy and helps to protect against infections. Spinach is also high in Vitamin C, which helps heal cuts and wounds. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It is a good source of fiber, which helps to maintain bowel function.

HOW COULD I USE THIS?



- Add spinach to other stir-fry vegetables like bell peppers, broccoli and snap peas.
- Spinach can easily be added into an omelet for a nutrient dense meal.
- Try baked spinach, cheese and onion stuffed chicken breasts.
- Spinach can be made into a pesto with olive oil and garlic. Use this to top pasta or a protein source like fish.
- Spinach can easily be added to a smoothie.
- Add frozen spinach to mashed potatoes for more vitamins and minerals in your meal.



DID YOU KNOW?

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 			✗	✗	✗	✗	✗	✗	✗	✗		
MARKET 					✗	✗	✗	✗	✗	✗		

Sources: Nebraska Buy Fresh Buy Local and USDA SNAP-Ed Connection



Photo Credit: Tom Power

RECIPE:

Low-fat Spinach Dip

3 Servings

Ingredients:

- 6 oz. fresh spinach
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1/4 c. green onion, chopped
- 1 tsp. lemon juice
- 1 c. plain non-fat Greek yogurt

Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce. Gently rub spinach and green onion under cold running water.
3. Put fresh spinach in a skillet and sauté until wilted. Let cool.
4. Cut spinach into small pieces so it will distribute evenly throughout the dip.
5. Combine chili powder, garlic powder, green onion, lemon juice, yogurt and spinach.
6. Place in a serving dish; cover and refrigerate until ready to serve.
7. Serve with fresh vegetables or whole wheat crackers.
8. Store leftovers in a sealed container in the refrigerator.

Optional: Non-fat or low-fat sour cream can be substituted for Greek yogurt.

Nutrition Info:

Nutrition Facts

3 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 477mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Adapted from USDA Mixing Bowl