



Healthy Ways to Eat Canned Spinach



Rinse & thoroughly drain spinach of excess water before using

1. Add spinach to your scrambled eggs for an extra boost of vitamin C at breakfast!
2. Boost nutrition by adding spinach to packaged foods like Macaroni & Cheese or Riceroni.
3. Add canned spinach to soups, stews and casseroles. Add it to lasagna and pasta sauces.
4. Season a can of drained spinach with 1 teaspoon of garlic powder and 1 teaspoon of italian seasoning and serve on top of frozen pizza!
5. Add canned spinach to mashed potatoes to vary your vegetable intake.
6. Make Spinach & Tomato Frittata. Enjoy for breakfast, lunch or dinner!

Ingredients:

1 Tablespoon oil	½ teaspoon salt
12 eggs, beaten	¼ teaspoon ground pepper
1 onion, chopped	1 teaspoon garlic powder
1 (14.5-oz.) can diced tomatoes, drained	1 teaspoon Italian seasoning (or other dried herb)
1 (14-oz.) can spinach, drained & squeezed dry	¼ cup shredded cheese (optional)

Directions:

1. Preheat the oven to 350°F.
2. Heat the oil in a large skillet over medium heat. Add onion and cook until softened, about 3-5 minutes. Dry spinach by squeezing out excess water with your hands or a paper towel. Add drained spinach and tomatoes to the skillet. Continue to cook until some of the juices have evaporated, about 5 minutes more.
3. In a bowl, combine beaten eggs with salt, pepper, garlic powder and seasonings.
4. Grease an 9x13-inch baking dish. Pour in the veggie mixture, then egg mixture. Top with cheese if using.
5. Bake until eggs are firm and cheese is melted, about 25-30 minutes.

7. Make Spinach & White Bean Stew. Warm & comforting, this stew is sure to please!

Ingredients:

1 Tablespoon oil	1 garlic clove, minced (or ½ tsp garlic powder)
1 small onion, diced (or ½ tsp onion powder)	4 cups chicken or vegetable broth
1 (14.5-oz.) can tomatoes, with juices	1 (15-oz.) can white beans, drained & rinsed
½ teaspoon rosemary or cumin	1 (14-oz.) can spinach, drained & squeezed dry
1 cup whole wheat pasta	Salt & pepper to taste

Directions:

1. Heat oil in a saucepan over medium heat. Add onions and garlic and cook, stirring often, until softened.
2. Add broth, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to a boil. Add pasta and cook until tender. Add spinach and cook until heated through. Serve hot.

8. Make a Spinach & Pasta Bake. This quick & easy dinner makes eating healthy a no-brainer.

Ingredients:

2 cups whole wheat pasta	1 teaspoon onion powder
1 (10-oz.) can of chicken, drained	1 teaspoon garlic powder
1 (14-oz.) can of spinach, drained & squeezed dry	1 ½ teaspoons Italian seasoning
1 (14.5-oz.) can of diced tomatoes or spaghetti sauce	½ teaspoon salt
1 cup mozzarella or parmesan cheese (optional)	¼ teaspoon pepper

Directions:

1. Preheat oven to 350°F. Cook and drain pasta according to package instructions.
2. Dry spinach by squeezing out excess water with your hands or a paper towel. Combine all ingredients except cheese in a greased casserole dish. Top with cheese if using.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed.

9. Make Creamed Spinach. Serve as a sidedish or on top of toasted bread.

Ingredients:

2 Tablespoons butter or oil	1 cup low-fat or nonfat milk
2 Tablespoons flour	½ teaspoon salt
2 teaspoons garlic powder	¼ teaspoon pepper
1 (14-oz.) can spinach, drained & rinsed	

Directions:

1. In a small saucepan, heat butter or oil over medium heat. Add flour and cook, whisking until smooth.
2. Add milk, garlic powder, salt and pepper; cook, whisking constantly, until mixture is thick enough to coat the back of a spoon. Stir spinach into sauce and cook to heat through. Serve warm.

10. Make White or Red Spinach Pizza. Use whole-wheat pizza dough to add whole grains!

Ingredients:

1 12-inch whole wheat pizza crust	<i>For white pizza:</i>
1 (14-oz.) can spinach, drained well	1 Tablespoon oil
1 teaspoon garlic powder	2 oz. cream cheese
1 teaspoon Italian seasoning	<i>For red pizza:</i>
¼ teaspoon salt	½ 8-oz. can tomato sauce
½ cup shredded mozzarella cheese	1 teaspoon Italian seasoning

Directions:

1. Preheat oven to 450°F. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet. Dry spinach by squeezing out excess water with your hands or a paper towel.
2. In a small bowl, add spinach, garlic powder, Italian seasoning, and salt. Mix to combine and set aside.
3. For white pizza: spread 1 tablespoon of oil over the crust. Spread cream cheese on top of oil. Top with spinach, spreading as evenly as possible over the dough. Top with cheese.
4. For red pizza: In a small bowl, combine 4 oz. of tomato sauce with 1 teaspoon Italian seasoning. Spread over pizza dough. Top with spinach, spreading as evenly as possible over the dough. Top with cheese.
5. Bake pizza until cheese is melted and crust is browned on the side and bottom, about 10 minutes.

11. Make a Mexican Style Casserole. Top with avocado or yogurt instead of sour cream!

Ingredients:

2 cups cooked rice (try brown rice!)	1 teaspoon cumin
1 (15-oz.) can beans, drained & rinsed	½ teaspoon garlic powder
1 (15-oz.) can whole kernel corn, drained & rinsed	½ teaspoon onion powder
1 (16-oz.) can diced tomatoes or tomato sauce	½ teaspoon dried oregano (optional)
1 (15-oz.) can spinach, drained & squeezed dry	½ teaspoon salt
1 (5-oz.) can of chicken, drained (optional)	½ teaspoon pepper
1 Tablespoon chili powder	1 cup low-fat shredded cheese

Directions:

1. Preheat oven 350°F.
2. Make sure to drain and thoroughly dry spinach by squeezing excess water out with your hands or a paper towel. Combine all ingredients except cheese in a greased casserole dish. Top with cheese.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm..

12. Make Spinach Quesadillas. A healthier take on an old favorite.

Ingredients:

1 Tablespoon oil	1 (14-oz.) can spinach, drained
1 teaspoon garlic powder	1 cup low fat cheddar cheese, shredded
½ teaspoon chili powder	4 (10-inch) whole wheat flour tortillas
¼ teaspoon salt	Cooking spray

Directions:

1. Heat oil in a large skillet over medium heat. Add spinach, garlic powder, chili powder and salt. Cook until heated through.
2. Place ¼ of the spinach over half of each tortilla. Top each with ¼ cup of cheese and fold tortillas over, pressing lightly with a spatula to flatten.
3. Spray pan with nonstick cooking spray and heat over medium heat. Place quesadillas in skillet one at a time, and cook for 3 minutes on each side until golden brown and cheese is melted.
4. Cut each quesadilla in half and serve.

