



HEALTHY WAYS CANNED SPINACH



Tips!

- Add spinach to your scrambled eggs for an extra boost of vitamin C at breakfast!
- Boost nutrition by adding spinach to packaged foods like Macaroni & Cheese or Riceroni
- Add canned spinach to soups, stews and casseroles. Add it to lasagna and pasta sauces.
- 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!
- Add canned spinach to mashed potatoes to vary your vegetable intake.

RECIPES

Spinach & Tomato Frittata

Ingredients:

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| 1 tbsp oil | 1/2 tsp salt |
| 12 eggs, beaten | 1/2 tsp black pepper |
| 1 onion, chopped | 1 tsp Italian seasoning (or other dried herb) |
| 1 (14.5oz) can diced tomatoes, drained | 1/4 cup shredded cheese (optional) |
| 1 (14.5oz) can spinach, drained & squeezed dry | |

Directions:

1. Preheat the oven to 350F.
2. Heat the oil in a large skillet over medium heat. Add onions 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 a 9x13 inch baking dish. Pour in the veggie mixture, then the egg mixture. Top with cheese if using.
5. Bake until eggs are firm and cheese is melted, about 25-30 minutes.

Spinach & White Bean Stew

Ingredients:

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| 1 tbsp oil | 1 garlic clove, minced (or 1/2 tsp garlic powder) |
| 1 small onion, diced (or 1/2 tsp onion powder) | 4 cups chicken or vegetable broth |
| 1 (14.5oz) can tomatoes, with juices | 1 (15oz) can white beans, drained & rinsed |
| 1/2 tsp rosemary or cumin | 1 (14oz) can spinach, drained & squeezed dry |
| 1 cup whole wheat pasta | salt and pepper to taste |

Directions:

1. Heat oil in 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.

Spinach & Pasta Bake

Ingredients:

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| 2 cups whole wheat pasta | 1 tsp onion powder |
| 1 (10oz) can chicken, drained | 1 tsp garlic powder |
| 1 (14oz) can spinach, drained & squeezed dry | 1 1/2 tsp Italian seasoning |
| 1 (14.5oz) can of diced tomatoes or spaghetti sauce | 1/2 tsp salt |
| 1 cup mozzarella or parmesan cheese (optional) | 1/4 tsp pepper |

Directions:

1. Preheat oven to 350F. 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.



MAKE IT A MEAL: RECIPES



Creamed Spinach

Ingredients:

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| 2 tbsp butter or oil | 1 cup low fat or non fat milk |
| 2 tbsp flour | 1/2 tsp salt |
| 2 tsp garlic powder | 1/4 tsp pepper |
| 1 (14oz) 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 saucepan and cook to heat through. Serve warm.

White or Red Spinach Pizza

Ingredients:

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| 1 (12inch) whole wheat pizza crust | 1/2 cup shredded mozzarella cheese |
| 1 (14oz) can spinach, drained well | 1 tsp Italian seasoning |
| 1 tsp garlic powder | 1/4 tsp salt |
| <i>For white pizza:</i> | <i>For red pizza:</i> |
| 1 tbsp oil | 1/2 8oz can tomato sauce |
| 2 oz cream cheese | 1 tsp Italian seasoning |

Directions:

1. Preheat oven to 450F. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet. Dry spinach by squeezing the excess water with your hands or a paper towel.
2. In a small bowl, add spinach, garlic powder, Italian seasonings, and salt. Mix to combine and set aside.
3. *For white pizza:* spread 1 tbsp of oil over the crust. Spread cream cheese on top of it 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 tsp 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.

Mexican Style Casserole

Ingredients:

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

Directions:

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

Spinach Quesadillas

Ingredients:

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| 1 tbsp oil | 1 (14oz) can spinach, drained |
| 1/2 tsp garlic powder | 1 cup low fat cheddar cheese, shredded |
| 1/2 tsp chili powder | 4 (10in) whole wheat flour tortillas |
| 1/4 tsp 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. Place 1/4 of the spinach over half of each tortilla. Top each with 1.4 cup of cheese and fold over tortillas, pressing lightly with a spatula to flatten.
2. Spray pan with non stick cooking spray and heat over medium. Place quesadillas in a skillet one at a time, and cook for 3 minutes in each side until cheese is melted and tortilla is golden brown. Cut in half and serve warm.