**What’s Fresh:**

**Spinach**

**It’s naturally good!**
- Only 7 calories per cup!
- Good source of iron and calcium
- Rich in vitamins A, B, C, E & K
- Provides protein and dietary fiber
- 1 raw cup=1 serving of veggies

**Too much of a good thing?**

**Freeze it!**

Boil washed leaves for 2 minutes, then submerge in a bowl of ice water. Drain, pat dry, and store in baggies or freezer-safe container for 4-6 months. Freezing changes the texture and will be best used cooked or in smoothies.

**Storage Tips:**
- Do not wash until ready to eat.
- To keep fresh, refrigerate in a plastic bag
- Use within 5-7 days.

**Preparation Tips:**
- Wash before using: submerge the leaves into cold water, then rinse and pat dry with a paper towel.
- Cut away any woody stems and discard.
- Discard any wilted or spoiled leaves (spoiled leaves appear wet and slimey).
- Chop or tear the leaves into bite size pieces. If using baby spinach, no need to chop!

**Ways to eat spinach:**

- **Use in a salad.** Add nuts or beans, fresh or dried fruit, and whole grains to make a complete meal. For a simple salad dressing, mix 2 parts oil with 1 part acid (such as vinegar or lemon juice), salt and pepper.
- **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Add spinach, cover, and cook for 3-4 minutes. Drain and season.
- **Sautee it.** Heat oil in a pan over medium heat. Add spinach and cook 3-5 minutes, or until just wilted. Add garlic and onion for added flavor.
- **Add to soups and stews.** Throw spinach in during the last 1-2 minutes of cooking.
- **Make a green smoothie.** In a blender, combine 2 cups spinach, 1 banana, and 1/2 cup orange, apple or pineapple juice. Thicken with ice or yogurt.
- **Use as a pizza topping.** Add chopped spinach for the last 2 minutes of baking.
- **Incorporate into eggs, casseroles, and pasta dishes.**

See more recipes on the back
Make it a meal!

RECIPES

Spinach Quesadillas

Ingredients:
- 1 bunch or 6 cups spinach
- 1/2 teaspoon garlic powder
- 2 tablespoons oil
- Optional: onions, mushrooms and/or peppers, thinly sliced.
- 8 ounces low fat cheddar cheese, shredded
- 4 (10-inch) whole wheat flour tortillas
- Cooking spray

Directions:
1. Wash spinach and pat dry. If using bunched spinach, trim off stems.
2. Heat oil in a large skillet over medium heat. If using onions, mushrooms and/or peppers, add to skillet and cook for 5 minutes.
3. Add spinach and cook another 5 minutes, or until spinach is just wilted and other vegetables are tender.
4. Place veggies over 1/2 of each tortilla. Top with cheese and fold tortillas over, pressing lightly with a spatula to flatten.
5. 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.

Spinach & White Bean Stew

Ingredients:
- 1 Tablespoon oil
- 1 small onion, diced
- 1 (15-ounce) can diced tomatoes, not drained
- 1/2 teaspoon rosemary OR cumin
- 1 cup whole wheat pasta
- 1/4 teaspoon salt (optional)
- 1 garlic clove, minced
- 4 cups chicken or vegetable broth
- 1 (15-ounce) can white beans, drained or rinsed
- 1/2 teaspoon pepper
- 3 cups spinach, rinsed and trimmed
- 1/4 cup grated parmesan cheese (optional)

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 just wilted.
3. Serve with grated parmesan cheese (optional).

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