

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

Storage Tips:

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

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.

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:

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

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:

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