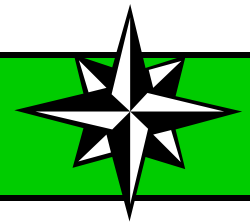


SPINACH



To Look for: Clean, fresh leaves that are fairly crisp and have a good green color. Avoid wilted spinach or spinach with long stems.



At Home: To keep spinach fresh, refrigerate as soon as possible. Store in plastic bag in cold refrigerator crisper for up to 2 weeks (best to use within 3-4 days). Just before using rinse with clean drinking water to remove sand or grit. Shake gently, letting grit fall to bottom of sink or bowl. Repeat until spinach is clean.



Nutrition Facts

Serving Size 1 cup shredded
(57 g)

Amount Per Serving

Calories	Calories from
27	Fat 0

% Daily Value*

Total Fat 0g	1%
---------------------	-----------

Saturated Fat 0g	0%
------------------	-----------

Cholesterol 0mg	0%
------------------------	-----------

Sodium 107mg	4%
---------------------	-----------

Total Carbohydrate 7g	2%
------------------------------	-----------

Dietary Fiber 3g	13%
------------------	------------

Sugars 2g	
-----------	--

Protein 1g	
-------------------	--

Vitamin A	-	Vitamin C
50%		20%

Calcium 4%	-	Iron 15%
------------	---	----------

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Additional Nutrition Information

Potassium 90mg	3%
Folate	15%



Your Health: Spinach is a "powerhouse" vegetable:

- Very Good Source of Vitamin C
- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Very Good Source of Fiber
- Also includes calcium, iron, potassium and folate



Benefits: Eating more vegetables, especially high fiber, Vitamin A, C and beta-carotene rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects



Tips to Eat More Spinach: A serving of spinach is 1 cup raw or ½ cup cooked.

- After rinsing, dry on paper towels and use for salads—add reduced fat dressing and your favorite fruits or vegetables.
- Add to sandwiches or wraps instead of lettuce.
- Steam spinach with a vegetable steamer for 5-10 minutes; season with herbs (try nutmeg or black pepper) and lemon juice.
- Or if you don't have a steamer, microwave washed spinach, covered, for 4-7 minutes.
- Season with garlic or herbs and sauté gently in a little bit of vegetable oil.
- Drop spinach into your soup recipe just before the end of cooking time.
- Add steamed or sautéed spinach to pasta dishes.
- Add spinach to stir-fry recipes.



Quick Recipe Ideas:

- Make a healthier version of a classic spinach salad with spinach, reduced fat bacon, hardboiled eggs and a light dressing.
- Try adding fresh strawberries, orange, tangerine or grapefruit slices to your spinach salad for added texture and sweetness.
- **Spinach Quesadillas:**

Dietary Fiber: 2 g. (9%), Protein: 10 g., Vitamin A: 70%, Vitamin C: 20%, Calcium: 25%, Iron; 15%.

- 1 lb. spinach
- ½ vegetable bouillon cube (½ tsp. granules)
- 1 tsp. olive oil
- 1 package shredded low fat mozzarella cheese
- 1 package (10 per package) flour tortillas



For One or Two:

To serve one follow same directions using: 1 ¾ c. torn spinach, 1/8 tsp. vegetable bouillon granules, ¼ tsp. olive oil, 3 Tbsp. shredded low fat mozzarella, 1 flour tortilla. To serve two double this recipe.

Heat skillet or electric skillet over medium heat. Add olive oil and bouillon cube – smash bouillon cube into the oil as it warms. Add spinach and stir occasionally. Once all the leaves have wilted, remove spinach from pan and wipe pan with a paper towel.

Add one tortilla to the pan and layer about 3 Tbsp. cheese across it. When the cheese melts, add spinach to cover half the tortilla and fold tortilla in half. Remove from the pan and follow same directions for rest of quesadillas.

Makes 10 servings (serving size: 1 quesadilla)
Per Serving: Calories: 170, Total Fat: 5 g. (8%), Sodium: 490 mg. (21%), Total Carbohydrate: 24 g.,

Modifications:

Use any bouillon you have on hand. If desired add cooked, cubed meat like chicken or turkey before cooking—about 2 Tbsp. per quesadilla. Also, serve quesadillas with salsa.

Storage and Freezing:

The cooked quesadillas can be refrigerated and reheated, but are best served hot. The spinach can be cooked ahead of time and stored in the fridge for 2-3 days.



Try this recipe with your family or have your kids help you make it. They can

even make it themselves in the microwave if the spinach is precooked. It's a good way to introduce them to spinach.