



Give Them More
— of the —
Good Stuff!

Spinach Basics



Shop and Save

✿ Fresh spinach is available year round. Find spinach grown in Oregon at local markets in spring, fall and sometimes winter.

✿ Look for spinach leaves that are bright green and crisp. Avoid leaves that are yellow, wilted or limp.

✿ Baby spinach is harvested young, when the leaves taste mild and the stems are tender.

✿ A package of fresh, washed spinach might cost more than a bunch of spinach, but is a good buy when you need to save time.

✿ When choosing a package of fresh spinach, look before you buy. Avoid spinach with yellow or slimy leaves or moisture that you can see.

✿ Frozen and canned spinach can save you money and time. Use them in side dishes, sauces, soups and smoothies.

Spinach is a good source of iron and potassium. It is also high in vitamins A, C and K



1 pound fresh spinach
= 10 to 12 cups raw
= 1 cup cooked

10 ounce package
frozen spinach
= 1 ½ cups cooked

store Well Waste Less

✿ **Rinse spinach just before using. Wet leaves spoil quickly.**

1. Fill a bowl with cold water and swish loose leaves around.
2. Let leaves sit in the water to allow dirt to settle.
3. Lift leaves from water into a strainer. Pour out dirty water and rinse the bowl.
4. Repeat steps 1 through 3 until there is no dirt on the bottom of the bowl.
5. Pat leaves dry if needed.

✿ **Refrigerate fresh spinach in a plastic bag. Plan to use within 5 days. Check packaged spinach for a 'best used by' date.**

✿ **Freeze extra spinach for longer storage. For best color and flavor, blanch leaves for 2 minutes before packaging.**

✿ **Use frozen spinach within 10 to 12 months.**



Cultures all around the world enjoy spinach because of its mild flavor and the many ways it can be prepared.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Spinach Pasta Salad

Ingredients:

DRESSING

- 2 Tablespoons **teriyaki sauce**
- 2 Tablespoons **vinegar** (white, rice or apple cider)
- ¼ teaspoon **garlic powder**
- ⅛ teaspoon each **salt** and **pepper**
- 1½ teaspoons **sugar**
- 1 Tablespoon **vegetable oil**

SALAD

- 2 cups cooked **pasta** (try whole wheat shells, bow ties, macaroni or other small shapes)
- 4 cups fresh **spinach**
- ¼ cup dried **cranberries**
- 2 Tablespoons **sunflower seeds**
- 1 can (15 ounces) **mandarin oranges**, drained
- 2 Tablespoons chopped **cilantro** or parsley

Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together the dressing ingredients.
3. Add the salad ingredients. Mix well. Cover and chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Go to
FoodHero.org
for easy, tasty
spinach recipes

Spinach and Chicken Italian

Ingredients:

- 1 cup **tomato pasta sauce**
- 1 pound **chicken breast** cut or pounded into ½-inch thick slices
- ¼ teaspoon each **salt** and **pepper**
- 1 package (10 ounces) **frozen spinach**, thawed and drained or 4 cups fresh spinach leaves
- ¾ cup shredded **mozzarella cheese**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Pour ½ cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle salt and pepper on the chicken. Top with remaining pasta sauce, spinach and mozzarella.
4. Bake for 30 to 40 minutes until the chicken is cooked through and the cheese begins to turn brown. A food thermometer inserted into the center of a chicken piece will read 165 degrees F when it is done.
5. Refrigerate leftovers within 2 hours.

Makes 7 cups

Prep time: 10 minutes

Cook time: 30 minutes

Quick Fix

- ✿ Use fresh spinach in salads, sandwiches or wraps.
- ✿ Add fresh or cooked spinach to so many recipes: dips, pasta, sauces, scrambles, smoothies, soups and stir-fries!
- ✿ Steam or sauté spinach as a quick side dish - sprinkle with vinegar, hot sauce or grated cheese.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rinse spinach leaves.
- ✿ gather ingredients and tools for cooking.
- ✿ safely handle sharp lids when opening cans.