



Spinach

The Health Benefits of Spinach

Spinach is a super food packed with nutrients that can improve blood sugar control for diabetics, lower risk of cancer, reduce blood pressure, improve circulation and support bone health.

One cup of raw or 1/2 cup cooked spinach provides:

- 23 Calories, 3 gm protein, 2.2 grams fiber, 0 fat, no cholesterol

Nutrients in Spinach

- Antioxidants like beta-carotene, vitamin C, B vitamins for energy
- High in calcium, potassium and vitamin K for bone health and blood pressure regulation; highest iron content of all leafy greens
- Chlorophyll and other nutrients protect eyesight, reduce chronic inflammation and protect skin from UV damage
- Can be eaten raw, slightly steamed or just wilted (tossed raw into hot foods)

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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Give Your Family More of the Good Stuff!



\$hop and \$ave

- ✿ Look for bright green, crisp, whole leaves. Bunches should have a small piece of root holding them together.
- ✿ Spinach by the bunch may cost less but buying pre-washed spinach may save you time when washing and preparing it. Check the 'Best if used by' date on packaged spinach.
- ✿ Spinach may cost less when it is in season (early spring through fall).
- ✿ Frozen spinach can be found year-round and may be a cheaper choice than fresh.

Spinach is high in vitamins A & C, iron, and folate; it's also an excellent source of fiber.



Types of Spinach

Different varieties of spinach are determined by the size and types of leaves.

Flat or Smooth leaf has spade shaped, smooth leaves, typically used in canned or frozen packages.



Savoy has wrinkled curly leaves and is typically found fresh.



Semi-Savoy is slightly curly.



Baby spinach is harvested very young while leaves and stems are thin.



Store Well Waste Less

- Wash spinach just before using. Storing wet spinach can speed spoilage.
 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. Drain and rinse bowl.
 4. Repeat steps 1 through 3 until there is no grit on the bottom of the bowl.
 5. Pat leaves dry if needed.



- Keep fresh spinach in open plastic bags in the refrigerator vegetable drawer. Plan to use within 5 days. Pre-washed spinach can be stored for up to 1 week in the refrigerator.
- Spinach must be blanched (cooked briefly) before freezing for best quality.
- Use frozen spinach within 10 to 12 months.

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

10 ounce package frozen =
2 ½ cups frozen =
1 ½ cups cooked

Cooking with Spinach

Go to
FoodHero.org
for easy, tasty
spinach recipes

Spinach Pasta Salad

Ingredients:

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

Dressing:

- 2 Tablespoons **teriyaki sauce**
- 2 Tablespoons **vinegar**
- ¼ teaspoon **garlic powder**
- ⅛ teaspoon each **salt** and **pepper**
- 1 ½ teaspoons **sugar**
- 1 Tablespoon **vegetable oil**

Directions:

1. In a large bowl, mix together teriyaki sauce, vinegar, garlic powder, salt, pepper, sugar and vegetable oil.
2. Add cooked pasta, spinach, dried cranberries, sunflower seeds, mandarin oranges and cilantro or parsley, if desired. Mix well. Cover and chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

Note:

Try a low fat Asian Salad Dressing from the store to replace the dressing ingredients.

Spinach & 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
- ¾ cup shredded **mozzarella cheese**

Directions:

1. Preheat oven to 350 degrees.
2. Pour ½ cup of pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
4. Refrigerate leftovers within 2 hours.

Quick Fix

- ❖ Use fresh spinach in salads, sandwiches or wraps.
- ❖ Add fresh or frozen spinach to soups, pasta, dips or smoothies.
- ❖ Steam or saute spinach as a quick side dish - sprinkle with vinegar or a touch of grated cheese.