

Spinach

Key Points

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare spinach, rinse leaves well to remove all the dirt.
- To store fresh, refrigerate for up to 3 days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.



Fruit and Spinach Salad

Ingredients:

4 cups fresh spinach, stems removed and torn
1 cup strawberries, sliced
1 cup raisins
1/4 cup oil
1 tablespoon lemon juice
Salt and Pepper

Directions:

1. In a large bowl, combine spinach, nuts and raisins. Toss gently.
2. In a small bowl, combine oil and lemon juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste
4. Toss well and serve.
5. Refrigerate leftovers.

Makes 4 servings.

Adapted from City Harvest.

Spinach and Beans

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
3 1/2 cups cooked great northern beans
6 cups fresh spinach, stems removed
1 tablespoon vinegar
Salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.

Makes 6 servings.

Quick Tips

- Add spinach to homemade or canned soups.
- Cook spinach and add to rice and pasta dishes.
- Use spinach in tossed salads.
- Remember to rinse all fruits and vegetables before using.

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