

SPINACH



Storage tips: Wrap in a paper towel and store in a container or bag in the fridge for up to 10 days.

Nutrition benefits: Spinach is low in carbohydrates and high in insoluble fiber, which can benefit digestion. Spinach is an excellent source of vitamin A for eye health, vitamin C for immune support, and vitamin K for proper blood clotting. Spinach is also a great source of minerals, such as folic acid for healthy hair, skin, and nails; iron for good energy levels; and calcium for strong bones.

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WAYS TO ENJOY SPINACH



- 1) Add fresh spinach to salads for an extra nutrition boost.
- 2) Blend fresh spinach into smoothies for an easy serving of veggies you can't even taste!
- 3) Add chopped, cooked spinach to omelets, pasta, sandwiches, and soups.
- 4) Top pizza with spinach for a fun garnish.
- 5) Blend into hummus or pesto for a tasty dip or spread.



Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!

SAUTEED SPINACH

recipe



Ingredients:

- 2 tablespoons olive oil
- 2 large bunches of spinach (about 1 pound)
- 3 cloves garlic
- Salt to taste

Directions:

1. Heat oil in a large skillet over medium-high heat. Add garlic and sauté for about 30 seconds, until garlic begins to brown and get fragrant.
2. Add spinach, cover, and cook for 1 minute. Stir, cover again, and cook for 2 more minutes.
3. Remove from heat and drain excess water. Sprinkle with salt and serve.

Serves 4: Nutrition per serving (1 cup): 89 calories, 7 g fat, 5 g carbs, 3 g fiber, 4 g protein, 101 mg sodium