SPINACH

Health Benefits:

A popular dark leafy green that is fat-free, cholesterol-free, low in calories, a good source of fiber, high in vitamin A and C, iron, folate, chlorophyll and magnesium. Spinach helps maintain proper digestion, build healthy blood, and protect vision.

2 cups of raw spinach counts as one serving of vegetables (1cp out of the recommended 3cps).

Preparation:

Wash thoroughly and shake or pat dry, remove stems by folding the leaves in half and pulling or cutting off the ste

You can easily and quickly blanch, steam, or sauté spinach, 2-3 lbs. or spinach will reduce to 1 cup cooked spinach in about 8-10 minutes.

Add to: eggs, omelets, sandwiches, salads, pizza, pasta, soup, stir fries, lasagna, spinach pesto, burritos, quesadillas, etc.

Storage:

Fresh spinach should be stored in the fridge in a damp towel or plastic bag and will last for about a week.

Spinach can be easily frozen if blanched 1-2 minutes, then rinsed in cold water, drained and put in air tight containers.

Recipe:

Warm Spinach Salad with Vinaigrette

 2 tbsp honey or maple syrup

 1/4 cp chopped onion

 2 tbsp balsamic vinegar

 1/2 cp olive oil

 1 large bunch of spinach

 2 oz goat cheese or feta

 1/3 cp roasted nuts

 1/4 cp raisins & craisins

1. Whisk honey, vinegar and oil in a bowl, season with salt and pepper.

2. Heat the dressing, nuts, craisins, raisings, and onion in a skillet over med-low heat till onions are softened.

3. Toss spinach with the dressing and toppings

Other veggie additions: shredded sautéed cabbage, pepper, kale, etc.

Rice with Spinach, Herbs, and Cheese

* 1 cup brown rice or other grain
* Salt and pepper -- to taste
* 1 lb Fresh spinach
* 1 tbsp Olive oil
* 1 Onion – minced
* 1 Garlic clove – minced
* 1 tsp Chopped thyme
* 1/4 c Minced parsley
* 1 pinch Red pepper flakes
* 1/4 lb Grated provolone cheese
* 3 Eggs -- beaten (optional)
1. PREHEAT OVEN TO 350F. Cook rice in salted water until tender but still undercooked (15 minutes for white rice, 30 minutes for brown). Drain, rinse with cold water, drain again and set aside.
2. Wash spinach. Cook spinach in the water that clings to the leaves, until wilted. Cool and chop coarsely.
3. Heat the oil, add the onion and saute until softened. Add the garlic and thyme. Combine all the ingredients together and season with salt and pepper to taste.
4. Lightly oil a baking dish and add the spinach mixture. Drizzle more oil over the top, if desired. Cover with foil and bake for 25 minutes. Remove foil and cook for 5 minutes more.

Makes about 4 servings