

SPINACH

Types

Savoy, flat or smooth leaf, semi-savoy.

Selection Info

Look for fresh, dark green leaves. Avoid wilted leaves.

Preparation

Spinach can be eaten raw or cooked. Remove any large, tough stems from the leaves. Fill up a bowl or sink with lukewarm water and soak the leaves for several minutes to remove dirt. Drain the water and rinse under a stream of cold water. Lay the leaves on a paper towel to remove excess water.

Raw: Spinach leaves make a great salad. Leave the leaves whole or tear them into smaller pieces. You can add spinach leaves to hot soups, pastas, and stews right before serving; they will wilt and add lovely color and flavor.

Sauté: Heat 1-2 tablespoons of olive oil in a skillet, and add garlic to taste. Simmer. Add the spinach and toss until coated in oil, turning or flipping often. Cover the pan with a

lid and let sit for 1 minute, remove the lid, toss spinach, and cover for 1 minute. Drain any moisture, add seasonings, and serve.

Steam: Fill a pan with about 2 inches of water and place the steamer basket inside. Bring to a boil and add the spinach. Cover the pan and reduce to a simmer. Steam for about 2 minutes or until wilted. Place spinach in a serving bowl and toss with lemon, oil, and salt to taste.

Microwave: Place spinach in a microwave-safe bowl with 2 tablespoons of water and cover. Cook at 1 minute intervals until completely wilted.

Storage

Short-Term Storage: Store spinach leaves in a plastic bag with a damp paper towel for up to 4 to 5 days. If being used for a cooked dish, you can steam or microwave it upon returning from market, but make sure to cool it thoroughly in cold water and squeeze it dry. This method takes up much less space in the refrigerator and will make meal prep easier later.

Long-Term Storage: Spinach can be frozen for up to 5 months.



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COLORFUL QUESADILLAS

Ingredients

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup red sweet pepper (chopped)
- 1 cup low-fat shredded cheese (mild cheddar or mexican)
- 2 cups fresh spinach leaves (you can substitute 9 oz. frozen spinach, thawed and squeezed dry)

Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons sweet pepper and 2 tablespoons cheese on half of each tortilla.
4. Add spinach (1/4 cup per tortilla if using fresh leaves OR 2 tablespoons if using frozen). Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat until golden brown on both sides (about 1-2 minutes per side).
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.



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Nutrition Information

Serving Size	4 wedges	
Nutrients	Amount	% Daily Value
Total Calories	160	
Protein	11g	
Carbohydrates	20g	7
Dietary Fiber	2g	8
Total Sugars	2g	
Total Fat	3.5g	5
Saturated Fat	1g	5
Cholesterol	5mg	2
Minerals		
Calcium	20	
Sodium	420mg	18
Iron	8	
Vitamins		
Vitamin A	35	
Vitamin C	45	