

Spinach

HOW TO CHOOSE AND STORE

Spinach is available fresh, frozen or canned. If you are choosing fresh spinach look for crisp, bright green leaves with no dark, bruised patches or yellowing. Store fresh spinach in a dry plastic bag in the refrigerator crisper, where it will keep for two to three days

HOW TO USE AND EAT

Spinach is very versatile and can be eaten raw or cooked. It can be added to pastas, soups, casseroles, wraps and sandwiches, dips and smoothies. It can be added to omelettes and sauces and eaten in a salad with other fresh vegetables.



Parmesan Spinach Cakes

- 8 cups packed fresh spinach
- ½ cup cottage cheese
- ½ cup shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper

Preheat oven to 400°F. Pulse spinach in a food processor until finely chopped. Transfer to a medium bowl. Add cottage cheese, Parmesan, eggs, garlic, salt and pepper; stir to combine. Coat 8 cups of a muffin pan with cooking spray. Divide the spinach mixture among the 8 cups. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Green Smoothie

- 2 cups fresh spinach
- 1 banana
- 1 cup fresh or frozen fruit
- 1 cup milk

Blend all together in a blender until smooth, adding more milk if too thick. Yogurt can also be added if desired

Sauteed Spinach

- 2 teaspoons extra-virgin olive oil
- 1 garlic clove, chopped
- 5 ounces spinach
- ¼ teaspoon sea salt
- Lemon wedge, for squeezing
- Freshly ground black pepper

1. Heat the olive oil in a large skillet over medium heat. Add the garlic and cook for 30 seconds, or until fragrant but not at all browned. Add the spinach and salt and cook, tossing, for 1 to 2 minutes, or until the spinach is just wilted.

2. Remove from the heat and season to taste with lemon juice and freshly ground black pepper