



SPINACH

Description

Spinach is in season from March to June and again from September to December. Spinach is a nutrient dense leafy green containing many vitamins and minerals. Vitamin A and C are antioxidants that may help in reducing the risk of certain cancers. Vitamin A also helps maintain eye health. Vitamin C aids in iron absorption and helps to heal cuts and keep body tissues healthy. Vitamin K, along with calcium and magnesium, helps build strong bones. Spinach is also rich in folate which may help reduce the risk of heart disease and neural tube defects in newborns.

Selecting

When harvesting or purchasing spinach, choose leaves that are crisp and dark green. Avoid yellow or wilting leaves.

Storing

Spinach will keep in the refrigerator for 3-5 days. Freshly harvested leaves can be loosely wrapped in a paper towel and plastic bag.

Preparing

Gently wash spinach under cool, running water and dry using a salad spinner or colander and paper towels. Spinach can be prepared in a variety of ways including raw, sautéed, and roasted, or in soups, pasta dishes, casseroles, and more.

Recipe of the Month

Spinach Salad Dressing

Ingredients:

- ½ cup light olive oil
- ¼ cup red wine vinegar
- 2 Tbsp honey or agave syrup
- 1 Tbsp Dijon mustard
- Salt and pepper to taste

Directions:

Mix all ingredients with a whisk or shake in a mason jar. Adjust seasonings to taste and serve over fresh spinach.

Nutrition Facts

1 servings per container	
Serving size	2 cups fresh spinach
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 335mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Need help stretching your food dollars?

Contact your local resource center or go online to: mydss.mo.gov/food-assistance

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