



SPINACH

Powerful greens

This leafy green packs a powerful punch in either its raw form or cooked. Spinach is low in calories, is a good source of vitamin A and C, iron, potassium, folate, and even exceeds the recommended daily amount of vitamin K. When eaten raw, it is a good source of insoluble fiber which is important for maintaining a healthy gut.

Buying and storing

BUYING: If you are buying raw spinach, look for crisp, fresh, green spinach leaves. Fresh spinach in a bunch, bag, or container are all good options. Don't buy more fresh spinach than you can use in five days or so. The spinach is likely still safe to eat after this time, but the nutritional quality starts to decrease.

STORING: Store fresh spinach in the original bag or container, or wrapped in a damp paper towel and a plastic bag with the air squeezed out. Frozen spinach is a fine option, especially if you won't be eating the spinach within a few days.

Preparing

Wash spinach just before using it. If the spinach is not prepackaged, immerse it in water, move the leaves around, and use a salad spinner or colander to drain the water out. If the spinach is packaged and labeled 'pre-washed,' you can just rinse it. If you've rinsed the spinach and you will be eating it raw, pat it dry with paper towels.

Cooking

STOVETOP COOKING: Heat a little olive oil and garlic in a large skillet over medium heat. Add the spinach then toss with the oil and garlic. Cook for just a few minutes – spinach is done when it has just wilted.

STEAMING: Place a pot with two inches of water and a steamer basket over high heat. Bring to a boil. Add spinach and reduce heat to low. Simmer about 2 minutes.

Ways to enjoy

- Add spinach to soups: add a handful of fresh spinach to any hot, ready to eat soup. Stir for a moment to let the heat wilt the leaves and enjoy!
- Include spinach as one of your toppings on your next customized pizza. Check out our **Quick and Easy Pizza** recipe at: <https://buyeatlivebetter.org/recipes.html>
- Spinach can replace lettuce in any sandwich, wrap, or tossed salad.
- Stir fresh spinach into warm pasta dishes, stir fries, casseroles, and egg dishes.
- **Groovy Green Smoothie:** In a blender, combine 1 banana (cut into chunks), 6 ounces of vanilla yogurt, 1½ cups of fresh or frozen spinach leaves, and 1 cup of orange juice; blend until smooth. Serve



Skillet Lasagna

Yield: 8 Servings | Serving Size: 1 Cup

- 8 uncooked lasagna noodles
- 1 15-ounce carton small curd cottage cheese
- ½ cup grated parmesan cheese, divided in half
- 1 Tablespoon Italian seasoning
- Nonstick cooking spray
- 1 24-ounce jar tomato pasta sauce
- 1 10-ounce package of frozen spinach, thawed and squeezed dry*
- 8 ounces mozzarella cheese, shredded (2 cups shredded)

Optional: Add fresh or canned, drained, sliced mushrooms

1. Cook the lasagna noodles according to package directions.
2. Collect, shred, and measure all ingredients before starting to prepare the recipe.
3. In a large bowl, mix the cottage cheese, 1/4 cup parmesan cheese, and Italian seasoning.
4. Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in the skillet.
5. Spread half of the jar of sauce in the sprayed skillet.
6. Top with 4 lasagna noodles.
7. Spread half the cottage cheese mixture over the noodles.
8. Top with half the spinach.
9. Sprinkle half of the mozzarella cheese over the spinach.
10. Repeat with the remaining Ingredients In this order: lasagna noodles, cottage cheese mixture, spinach, pasta sauce, and mozzarella cheese.
11. Sprinkle with the rest of the parmesan cheese (1/4 cup), and cover.
12. Place skillet on the heat and turn heat on to medium low. Cook for about 20 minutes until the cheese melts and the sauce is bubbling. Remove from heat, and let stand for 5 minutes (covered) before serving.
13. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel, and twist to wring out the water.

Colorado State University Extension's Eating Smart Being Active Program

Nutrition Facts	
8 servings per container	
Serving size	1 Cup (269g)
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 800mg	35%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 378mg	30%
Iron 2mg	10%
Potassium 239mg	6%
<small>*The % Daily Value (DV) 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.</small>	



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.