



Pick a better snack™

May 2016

## Spinach

Spinach is called a superfood because it is loaded with vitamins, minerals and antioxidants. It can be added to foods you already eat or even sneaked into dishes for picky eaters. Fresh spinach leaves can be added to salads and sandwiches or chopped and cooked into hot dishes like pasta, soups and casseroles. Use frozen spinach in hot dishes. You don't even need to thaw it first.

Spinach greens offer more nutrition than iceberg lettuce. If you only use iceberg lettuce when making salad, try mixing in spinach leaves or other dark leafy greens. Spinach makes a tasty salad on its own topped with fruit, nuts, and a vinegar-based dressing.

## Spinach Orange Salad

Serves: 4

Ingredients:

- 4 cups fresh spinach, remove stems
- 2 cups mandarin orange sections (drained)
- 1 onion, sliced thin
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice
- salt and pepper to taste

Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

Recipe provided by Just Say Yes to Fruits and Vegetables and accessed at <http://healthyfoodbankhub.feedingamerica.org>

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](https://dhs.iowa.gov/food-assistance) for more information.

## Spinach Tips

**Selecting:** Choose spinach with fresh green leaves that are not limp, damaged, or spotted. Wash all fresh spinach.

**Storing:** Refrigerate bunches of fresh spinach for up to 5 days. Use packaged spinach by the expiration date.

**Buying/Growing:** Buy packages of fresh spinach with "use by" dates that are as far away as possible. Check for spoilage before buying. Frozen spinach is cheaper than packaged fresh spinach, and canned spinach is cheaper yet!

Spinach grows easily in Iowa and is ready to eat in May and June. Don't have a garden? Spinach seeds will grow in a large pot placed outside. Plant seeds ½ inch deep, cover with dirt and water.



Wash. Bite. How easy is that?