

Spinach

Selection - Choose crisp, bright green bunches with leaves free from spots.

Storage - Store unwashed in the refrigerator. Loosely wrap in damp paper towels and wash before eating or cooking (stays fresh for 3-5 days).

Nutrition - Iron in spinach supports healthy blood and running of all cells.

3 EASY WAYS TO USE SPINACH

- Add washed raw spinach leaves to any soup, salad, egg or pizza dish for added fiber.
- To sauté spinach, heat olive oil in a pan, add chopped onions and mushrooms; cook for about 3-5 minutes. Add spinach and cook for 1-2 more minutes. Sprinkle with some garlic powder and lemon juice, stir, then serve.
- To make a spinach dip, add cooked spinach to soft cream cheese, Greek yogurt, garlic and cheese. Pair with fresh veggies or whole grain crackers for a healthy snack.

Recipe from: Feeding Pennsylvania and PA Eats



Ingredients

- ☐ 2 cups cooked chickpeas or 1 (15 ounce) can chickpeas, drained and rinsed
- ☐ 1 tablespoon olive oil
- ☐ 1 (7-9 ounce) package of seasoned rice
- ☐ 1 (12 ounce) package of frozen spinach
- ☐ Salt and pepper
- ☐ Grated Parmesan cheese (optional)

Directions

1. Preheat oven to 400 degrees. Drain and rinse chickpeas. Dry chickpeas between 2 paper towels and remove skins.
2. Place chickpeas on a baking sheet, drizzle with tablespoon olive oil. Add salt and pepper. Stir chickpeas until coated with oil.
3. Roast chickpeas for 20 to 25 minutes, or until chickpeas are golden and crunchy.
4. While the chickpeas roast, make the rice as directed on the package. Add the frozen spinach and stir.
5. Cook over low to medium heat until there is no liquid. Stir from time to time.
6. To serve, top the rice with roasted chickpeas. Add Parmesan cheese (optional).

