

# 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.



# Spinach Orange Salad with 2-Minute Dressing

Makes 2 Servings

## Ingredients

### Dressing:

- ☐ 1 large orange (about 3/4-1 cup juice)
- ☐ 1 clove garlic, cut small (or 1/4 teaspoon garlic powder)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon honey
- ☐ Salt and pepper, to taste

### Salad:

- ☐ 10-12 ounces fresh spinach leaves, washed
- ☐ 2 oranges, peeled and sliced into rounds
- ☐ 1/4 cup walnuts, chopped

## Directions

1. Dressing: Zest the orange into a large salad bowl.\* Cut the orange in half and squeeze over the bowl to get all the juice. Add the garlic, olive oil, vinegar, honey, salt and pepper to the bowl. Mix and set aside.
2. Place spinach on plates, top with orange slices and walnuts. Pour dressing over the salad.

**\*Note:** If you don't have a zester at home, try using the fine side of a cheese grater.

Recipe from: Feeding Pennsylvania and PA Eats

