

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.



Ham and Spinach Strata

Makes 8 Servings

Ingredients

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| <input type="checkbox"/> 8 slices of bread (wheat), cubed | <input type="checkbox"/> 1 bell pepper, chopped |
| <input type="checkbox"/> 1 (8 ounce) ham steak, cut into 1-inch cubes | <input type="checkbox"/> 1 tablespoon oil |
| <input type="checkbox"/> 6 large eggs | <input type="checkbox"/> 1/2 teaspoon garlic powder |
| <input type="checkbox"/> 2 cups milk | <input type="checkbox"/> 1 cup shredded cheddar cheese |
| <input type="checkbox"/> 1 onion, chopped | <input type="checkbox"/> 1 (13.5 ounce) can spinach |
| | <input type="checkbox"/> Pepper, to taste |

Directions

1. Grease a 9x13 inch baking pan and spread bread cubes onto the greased pan. Set aside.
2. Drain spinach and pat dry with paper towels. Set aside.
3. In a large pan on the stove, heat oil over medium heat. Add chopped bell pepper and onion, and cook for 3 to 5 minutes, stirring at times.
4. Stir in ham and spinach and keep cooking for 1 to 3 more minutes. Remove the pan from the heat.
5. In a medium mixing bowl, whisk eggs, milk, 1/2 cup cheese and garlic powder. Add pepper, to taste. Pour egg-milk mixture over the bread.
6. Next, add the ham and vegetable mixture on top of the bread and egg mixture. Sprinkle 1/2 cup of cheddar cheese on top.
7. Cover and refrigerate for 4 hours or overnight.
8. Preheat the oven to 350°, remove strata from the fridge, and take off the cover.
9. Bake for 45 to 50 minutes, or until a knife inserted in the middle comes out clean. Remove from the oven and allow to cool for 5 to 10 minutes before serving.