

# Spinach

## Key Points

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare spinach, rinse leaves well to remove all the dirt.
- To store fresh, refrigerate for up to 3 days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.



## Spinach Orange Salad

### Ingredients:

4 cups fresh spinach, stems removed and torn  
2 cups orange sections  
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.

**Makes 4 servings.**

## Spinach and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3 1/2 cups cooked great northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.

**Makes 6 servings.**

## Quick Tips

- Add spinach to homemade or canned soups.
- Cook spinach and add to rice and pasta dishes.
- Use spinach in tossed salads.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label—What does it tell us?

Recipe name: Spinach with Garlic and Beans

## Nutrition Facts

Serving Size: 1/6 of recipe (203g)

Servings Per Recipe: 6

### Amount/Serving

**Calories** 230      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 8g      **33%**

Sugars 4g

**Protein** 12g

Vitamin A 60%      Vitamin C 20%

Calcium 10%      Iron 20%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Spinach Orange Salad

## Nutrition Facts

Serving Size: 1/4 of recipe (222g)

Servings Per Recipe: 4

### Amount/Serving

**Calories** 110      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **6%**

Saturated Fat 0g      **2%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 4g      **14%**

Sugars 14g

**Protein** 2g

Vitamin A 60%      Vitamin C 110%

Calcium 8%      Iron 6%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH