

A simple guide to

SPINACH



Spinach is one of the most easy-to-use veggies – it can be prepared in a variety of ways & added to most dishes.

This leafy green is packed with vitamins & minerals.

Raw spinach is tender with a slightly sweet flavor.
Cooked spinach is more dense, hearty & slightly bitter.



How to Prepare

Fresh

Toss with your favorite fresh fruits & veggies for a tasty salad.

Sauté with olive oil & garlic 5-10 minutes for a simple side dish.

Add to pasta, soups & stews just before serving. Cook spinach until it begins to wilt.

Frozen

Give your meal a healthy boost. Add spinach to enchiladas, omelets, casseroles, or quesadillas!

How to Select

Fresh

✓ Choose spinach leaves that are dark green & crisp.

✗ Avoid discolored or wilted leaves.

Frozen

✓ Frozen, chopped spinach can be a great way to save time in the kitchen.

How to Store

Fresh

Add spinach to a plastic bag or container with dry paper towels to absorb excess moisture.

Refrigerate in the crisper drawer up to 10 days.

Frozen

Freeze in a zip-close bag up to 2 months to easily add spinach to your favorite dishes without an extra trip to the store.

Tip

Try homemade pesto! Add fresh spinach, garlic, nuts & olive oil to a blender. Serve with pasta.



TURKEY BREAKFAST BAKE

Ingredients:

- Non-stick cooking spray
- 1 lb 93/7 lean ground turkey
- 4 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chipotle powder
- 6 large eggs
- 2 cups frozen diced potatoes with peppers & onions, thawed (Potatoes O'Brien)
- 1 cup 1% low-fat cottage cheese
- 2 cups fresh spinach
- 1 1/2 cups fiesta blend cheese, divided

Preparation:

1. Preheat oven to 375°F. Lightly coat a large casserole dish with cooking spray & set aside.
2. Heat a large skillet over medium-high. Add turkey, garlic, cumin & chipotle powder. Cook 5-7 minutes, crumbling meat, stirring occasionally until turkey is cooked through.
3. In a large bowl, add eggs & whisk. Add cooked turkey, potatoes, cottage cheese, spinach & 1 cup cheese. Mix well. Pour mixture into prepared baking dish & spread evenly.
4. Top casserole with remaining cheese. Bake 25-30 minutes or until cooked through & golden brown on top.
5. Let cool 5 minutes. Cut into squares & serve.

Tips:

Make this ahead of time for a hearty breakfast on-the-go!

40 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(202g)
Amount per serving	280
Calories	
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 205mg	68%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 207mg	15%
Iron 2mg	10%
Potassium 390mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.