

*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.

## Tip

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

## 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.



# TURKEY MEATBALL VEGGIE SOUP

## Ingredients:

- 1 egg
- 1/2 cup fat-free cottage cheese, drained
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1/2 cup grated parmesan cheese, divided
- 1 lb 93/7 lean ground turkey
- Non-stick cooking spray
- 6 cups unsalted chicken broth
- 1 1/2 cups fresh green beans
- 2 medium yellow squash, diced
- 2 cups fresh spinach
- 1/2 cup minced fresh parsley

45 Min | Serves 6

## Nutrition Facts

6 servings per recipe  
Serving size (449g)

Amount per serving  
**Calories 210**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

**Cholesterol** 95mg 32%

**Sodium** 370mg 16%

**Total Carbohydrate** 9g 3%

Dietary Fiber 2g 7%

Total Sugars 4g 10%

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 1mcg 6%

Calcium 123mg 10%

Iron 2mg 10%

Potassium 658mg 15%

\* 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.

## Preparation:

1. In a large bowl add egg, cottage cheese, garlic powder, Italian seasoning & 1/4 cup cheese. Mix well. Add turkey & mix with hands until combined. Shape into 1 inch meatballs.
2. Lightly coat a large skillet with cooking spray & heat over medium-high. Add meatballs to skillet & cook 4-5 minutes, flip & cook additional 4-5 minutes.
3. In a large stockpot, bring broth to a boil. Add green beans & squash. Cook 8-10 minutes or until crisp-tender.
4. Add meatballs & simmer 3-5 minutes or until cooked through.
5. Stir in spinach & parsley. Cook 2-3 minutes or until wilted.
6. Serve topped with remaining cheese.

## Tip:

Vegetables can be swapped for fresh or frozen options.

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