



SPINACH

IN SEASON

April – May & October – January

HOW TO SELECT

Choose spinach with crisp, green leaves. Avoid brown, wilted or yellow leaves.

HOW TO STORE

Store spinach in plastic bag in fridge up to 5-7 days. Do not wash until ready to eat.

HELPFUL TIPS

Baby spinach is tender & great in salads. Large spinach leaves are heartier & better in cooked dishes.

TURKEY TARRAGON PITAS

SPINACH



Nutrition Facts

Serving size: 1/8th recipe (162g)

Servings Per Recipe 8

Amount Per Serving

Calories 214 Calories from Fat 37

% Daily Value

Total Fat 4g 8%

Saturated Fat 1g 4%

Trans Fats 0g

Cholesterol 38mg 15%

Sodium 347mg 15%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 15%

Sugars 4g

Protein 22g

Vitamin A 55% Vitamin C 15%

Calcium 8% Iron 15%

15 MIN | SERVES 8

INGREDIENTS:

- 1 cup plain, non-fat Greek yogurt
- 2 Tbsp olive oil mayonnaise
- 1 tsp dried tarragon
- 3 cups cooked turkey, shredded
- 1 cup green grapes, halved
- 4 (6-inch) whole-wheat pitas
- 1 bunch fresh **SPINACH** leaves

PREPARATION:

1. In a medium bowl, add yogurt, mayonnaise & tarragon. Mix well.
2. Add turkey & grapes. Mix well.
3. Cut each pita in half. Line inside of pitas with spinach.
4. Just before serving, fill pitas with turkey mixture.