



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.

CURRIED CHICKEN & SPINACH

SPINACH



Nutrition Facts

Serving size: 1/4th recipe (352g)

Servings Per Recipe 4

Amount Per Serving

Calories 310 Calories from Fat 80

% Daily Value

Total Fat 8g 15%

Saturated Fat 1.5g 6%

Trans Fats 0g

Cholesterol 90mg 30%

Sodium 560mg 25%

Total Carbohydrate 24g 8%

Dietary Fiber 4g 15%

Sugars 2g

Protein 37g

Vitamin A 220% Vitamin C 15%

Calcium 15% Iron 10%

15 MIN | SERVES 4

INGREDIENTS:

- 1 cup instant brown rice
- 1 Tbsp olive oil
- 1 1/2 lbs boneless, skinless chicken breasts, cubed
- 1/2 tsp pepper
- 1 cup unsalted chicken broth
- 3 Tbsp spicy red curry paste
- 2 cups chopped **SPINACH**
- 2 green onions, chopped

PREPARATION:

1. Prepare rice according to package directions. Fluff & set aside.
2. In a large skillet, heat oil over medium-high. Add chicken & pepper. Cook 5-8 minutes, or until golden brown on all sides, stirring frequently.
3. In a small bowl, whisk together broth & curry paste. Add to skillet & bring to a simmer.
4. Add spinach & onions. Simmer 2-3 minutes, or until chicken is cooked through & spinach is warm.
5. Serve chicken & spinach over rice.