

Spinach



If your only memory of spinach is a can of mushy, green, slime, then it's time to create some new memories. Spinach salad with sliced strawberries and vinaigrette dressing is an experience no one should miss. It's also great on pizzas or added to lasagna. Like

other cooked greens, they should be steamed or sautéed lightly for just a minute or two.

Nutritionally, spinach has always been thought of as a very healthy vegetable (think of Popeye). It is a good source of beta-carotene, vitamin C, folate, potassium,

and fiber. Spinach also contains a lot of iron and calcium. But there is a substance in spinach called oxalic acid, which makes it hard for our body to absorb the calcium and iron.

Spinach and Bean Burrito

Makes 4 servings

Heather Danis, Burlington

Ingredients:

- 4 (8-inch) flour tortillas (try whole wheat tortillas!)
- 1 (15-ounce) can pinto beans, drained and rinsed (also try kidney beans or black beans)
- 4 cups spinach leaves, rinsed, stems removed



Directions

1. Preheat oven to 350 degrees F.
2. Mash beans with a potato masher or a fork.
3. Stir spinach leaves into the mashed beans.
4. Divide bean mixture among the tortillas.
5. Roll tortillas up.
6. Place on a baking sheet and bake for about 10 minutes, or microwave for about 2 minutes.
7. Top with salsa, nonfat plain yogurt, shredded cheese, or eat it plain.
8. You can also add rice or any other vegetables you like to the bean mixture.

Nutrition Facts

Serving Size 1 Serving (213g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 590mg **25%**

Total Carbohydrate 47g **16%**

Dietary Fiber 9g **36%**

Sugars 0g

Protein 11g

Vitamin A 40% • Vitamin C 30%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrient analysis does not include toppings.

Tips

- Spinach leaves need to be rinsed very thoroughly to get rid of clinging dirt. This can be done most easily by bathing them in a pool of water.
- Fresh spinach shrinks a lot when cooked. Two to three pounds of fresh spinach shrinks to about two cups.

Complementary Herbs

basil
chives
dill
oregano
parsley
tarragon

Lentils with Spinach

Makes 6 servings

Ingredients:

- 1 1/4 pounds spinach leaves, rinsed
- 1 onion, halved and sliced
- 1 Tablespoon vegetable oil
- 2 cloves garlic, chopped
- 1 cup dry lentils, picked over, rinsed, and drained
- 3 cups water
- 1 teaspoon salt
- 1 teaspoon cumin
- 1/8 teaspoon pepper



Directions:

1. Cut spinach leaves into strips, cut stems in half.
2. Heat the oil in a pot.
3. Sauté garlic and onion for 2 minutes, stirring.
4. Add lentils and 3 cups of water.
5. Bring to a boil.
6. Cover, lower heat, and simmer for 25 minutes, or until lentils are just tender.
7. Add the spinach leaves and stems, salt, and cumin.
8. Stir to mix and bring to a simmer.
9. Cover and simmer 10 minutes, or until spinach is tender and mixed into the lentils.
10. Stir in pepper and serve.

Source: "World-of-the-East Vegetarian Cooking," Madhur Jaffrey, Alfred A. Knopf, New York, NY, 1983

Nutrition Facts

Serving Size 1 Serving (270g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 510mg **21 %**

Total Carbohydrate 21g **7 %**

Dietary Fiber 18g **72 %**

Sugars 1g

Protein 12g

Vitamin A 50% • Vitamin C 45%

Calcium 10% • Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet.