NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose spinach bunches that are fresh, crisp, and green, without any evidence of damage.

Storage:

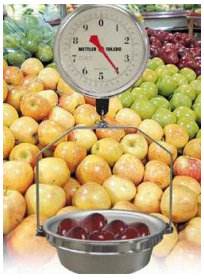
Loosely wrap spinach in a damp paper towel and place in plastic bag. Refrigerate for up to 5 days.

Refrigerator: Up to 5 days

Use:

Spinach should be thoroughly washed before using. To do this, first tear off the stem. Separate the leaves and place them in a large bowl of water. Gently rinse the leaves. Remove the leaves and repeat this process with fresh water until the leaves are clean. If it is to be eaten raw, dry by blotting with a paper towel. Damp spinach can be steamed or microwaved.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Spinach is typically sold in pre-packaged amounts. If it is sold per pound, place the amount of spinach you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Spinach

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of Spinach at $1.69 per lb? **2 lbs x $1.69 = $3.38**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

1½ cups shredded Spinach

Nutrition Facts	
Serving Size 1½ cups shredded (86g)	
Amount Per Serving	
Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 2g	
Vitamin A 70%	Vitamin C 25%
Calcium 6%	Iron 20%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1½ cups of shredded spinach.

Recipe:

Chicken Florentine

Preparation Time: 30 minutes
Serves 4
Cups of Vegetables per Serving: ¾

Ingredients:

4 cups firmly packed baby spinach leaves, washed with stems removed, or 1 (10 oz.) package frozen, chopped spinach
1 teaspoon dried and crushed, or 2 teaspoons fresh thyme leaves
1 tablespoon olive oil
2 cloves garlic, peeled and chopped
½ cup finely chopped onion
1 tablespoon flour
1 cup low-sodium chicken broth
4 grilled or roasted skinless chicken breasts, shredded or chopped
2 lemons, to yield 2 tablespoons grated lemon peel and 4 lemon wedges for garnish

Preparation:

1.) Place spinach in a large skillet over medium heat. Cover and cook until spinach is wilted or frozen spinach is heated through. The spinach should be a dark, rich green color. Do not overcook. Remove spinach and drain well.
2.) In the same skillet, heat thyme, oil, garlic, and onion. Sauté until onion is transparent. Stir in flour until it disappears. Add broth and stir continuously until a thickened sauce is formed. Return chopped spinach to the sauce and mix well. Heat through.
3.) Stir half the chicken into the sauce.
4.) To serve, spoon equal amounts in four small casseroles. After portioned, top each with part of the remaining chicken and ½ Tbsp grated lemon peel. Place in preheated 300ºF oven for 10 minutes. Serve each with a lemon wedge.

Nutrition Information per Serving:
Calories 160, Total Fat 6 g, Saturated Fat 0.5 g, Cholesterol 45 mg, Sodium 470 mg, Carbohydrates 8 g, Dietary Fiber 2 g, Protein 22 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.