

Spinach

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, wraps, lasagna or other vegetable dishes.



How Could I Use This?

- Add spinach to other stir-fry vegetables like bell peppers, broccoli and snap peas
- Make an omelet with spinach
- Try baked spinach, cheese and onion stuffed chicken breasts
- Make a pesto using spinach, olive oil and garlic. Use it to top pasta or a protein source like fish
- Add to a smoothie
- Add frozen spinach to mashed potatoes for extra nutrients

Why Should I Eat This?

Spinach is high in vitamin A, which helps keep eyes and skin healthy and helps to protect against infections. Spinach is also high in vitamin C, which helps heal cuts and wounds. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It is a good source of fiber, which helps to maintain bowel function.

Proper Storage

Loosely wrap spinach in a damp paper towel and place in plastic bag. Refrigerate for up to five days. When ready to use, gently rub under cold running water and dry with a paper towel.

Make a Good Selection

Spinach should have fresh green leaves. Avoid if the leaves are limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside.

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST			✓	✓	✓	✓	✓	✓	✓	✓		
MARKET					✓	✓	✓	✓	✓	✓		



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