

Spinach

Spinach can be enjoyed raw or steamed, and is a healthy source of dietary fiber, many vitamins, calcium, protein, and iron.

- **Raw:** add spinach to other salad greens for extra variety
- **Steam** in a small amount of water on the stove, and lightly sprinkle with salt for a simple side dish
- **Sauté** in a small amount of oil with garlic and onions
- Add to pasta or eggs, top a pizza, or stir-fry
- To store, loosely wrap in paper towel and store in plastic bag in the fridge



Spinach

Spinach can be enjoyed raw or steamed, and is a healthy source of dietary fiber, many vitamins, calcium, protein, and iron.

- **Raw:** add spinach to other salad greens for extra variety
- **Steam** in a small amount of water on the stove, and lightly sprinkle with salt for a simple side dish
- **Sauté** in a small amount of oil with garlic and onions
- Add to pasta or eggs, top a pizza, or stir-fry
- To store, loosely wrap in paper towel and store in plastic bag in the fridge



Spinach

Spinach can be enjoyed raw or steamed, and is a healthy source of dietary fiber, many vitamins, calcium, protein, and iron.

- **Raw:** add spinach to other salad greens for extra variety
- **Steam** in a small amount of water on the stove, and lightly sprinkle with salt for a simple side dish
- **Sauté** in a small amount of oil with garlic and onions
- Add to pasta or eggs, top a pizza, or stir-fry
- To store, loosely wrap in paper towel and store in plastic bag in the fridge



Spinach

Spinach can be enjoyed raw or steamed, and is a healthy source of dietary fiber, many vitamins, calcium, protein, and iron.

- **Raw:** add spinach to other salad greens for extra variety
- **Steam** in a small amount of water on the stove, and lightly sprinkle with salt for a simple side dish
- **Sauté** in a small amount of oil with garlic and onions
- Add to pasta or eggs, top a pizza, or stir-fry
- To store, loosely wrap in paper towel and store in plastic bag in the fridge

