

# Shopper's Guide

## Selection

### Look for

Leaves that are fresh, young, tender, and mostly whole (not torn). Look for dark green leaves and lighter green stems.

### Avoid

Leaves with thick, tough stems, yellowish-green color, softness or a wilted condition. These are all signs of decay.

## Storage

Keep bunched spinach in plastic bags. Keep prepackaged spinach in the bag it came in. Place in the vegetable crisper of the refrigerator. Spinach will keep in the refrigerator for 3 to 4 days



# Recipe Collection

## Lemon Spinach Sauté

Makes 4 servings

### Ingredients:

- 1 bunch (1 pound) of fresh spinach
- 1/4 teaspoon black pepper
- 1 Tablespoon lemon juice

### Instructions:

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook over medium heat. Let the spinach sauté for about 3 minutes, until just tender.

Estimated cost:

- Per Recipe: \$ 1.07
- Per Serving: \$ 0.27

### Nutrient Data

**Serving Size for 1/4 cup:** *Calories 45, Total Fat 1.0 g, Saturated Fat 0.5 g, Cholesterol 5 mg, Sodium 115 mg, Carbohydrate 5 g, Dietary Fiber 0 g, Protein 2g, Vitamin A 10%, Calcium 2%, Vitamin C 15%, Iron 6%*

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# Spinach



# What's So Great about Spinach?

## Nutrient-Dense

Spinach is an excellent source of vitamin K. Vitamin K is needed for blood clotting. Spinach is an excellent source of vitamin A in the form of beta-carotene. Spinach is a good source of folate. Like most vegetables, spinach is low in calories, fat free, and a good source of fiber.

## Always Available

Spinach is available year round. At the market, spinach can be found in the fresh produce section of the market in bunches or bags. Spinach can be found frozen and canned.

## Versatile

Spinach can be eaten raw in a salad or sandwich in place of lettuce. It can be eaten cooked as a side dish, or mixed with other foods as part of a main course.



# Nutrition Information for 1 cup raw Spinach

Amount Per Serving	
<b>Calories</b> 7	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 24mg	1%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
<b>Protein</b> 1g	
<b>Vitamin A</b> 56%	• <b>Vitamin C</b> 14%
<b>Calcium</b> 3%	• <b>Iron</b> 5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

# Varieties of Spinach

## Savoy



Savoy has crinkly, curly leaves with a dark green color. Savoy is often sold in fresh bunches. Springy and crisp, savoy spinach is good in salads.

## Semi-Savoy



Semi-savoy spinach has crinkled leaves. The leaves have some texture, but are not as hard to clean as the savoy.

## Flat-leaf



Flat or smooth-leaf spinach has smooth, spade-shaped leaves. These leaves are easier to clean than savoy. Flat-leaf spinach is used for canned and frozen spinach. It can also be found in soups, baby foods, and other processed foods.



Baby spinach is very young spinach, usually the flat leaf type. Being very tender, baby spinach is often used in salads since it is very tender.