

# Taste Test: Spinach



Spinach is a delicious and versatile leafy green! It is packed with calcium, potassium, magnesium, and many vitamins and minerals. It is also packed with many phytonutrients, antioxidants, flavonoids, and carotenoids. Spinach has been found to be beneficial for maintaining healthy skin, hair, and strong bones due to its protein and vitamin K content. It has also been found to lower the risk for diabetes, heart disease, and certain cancers. Including spinach in your daily diet is nutritious and affordable<sup>1</sup>

## Food Fact

Spinach is a part of the Chenopodiaceae family, which also is related to swiss chard and beets making it a highly nutritious vegetable!<sup>2</sup>

### How to Prepare:

- When purchasing spinach, look that the leaves are dark green in colour and contain no discoloured yellow leaves, are crisp and not wilted
- If purchasing a pre-washed bag or container of spinach, check the best before date and inspect all sides to make sure there are not slimy or yellow leaves
- Choose spinach that is in a cooler, rather than on an unrefrigerated shelf<sup>2</sup>

### How to Prepare:

- Spinach can be prepared in many ways, sauteed, steamed, and added to many recipes
- Before preparation, wash well under cold water prior to use and dry well<sup>2</sup>

### How to Store:

- Store in the refrigerator with a bag clip if opened, so no air can get in the bag easily
- If moisture is present, pat off excess moisture with a clean paper towel before storing to prevent early wilting of the leaves
- You can also try wrapping the spinach in a clean tea towel or paper towel and placing in the crisper drawer<sup>2</sup>

### Note:

Canada's food guide recommends:

- Trying to make half your plate full of fruits and vegetables
- Trying a variety of fruits and vegetables and rotate leafy greens such as kale, spinach, bok choy, and Swiss chard<sup>3</sup>

## I Tried It!

My Rating (circle one):



Would you like to try spinach again?

YES     NO

## Ideas for Serving Spinach:

- Try using canned or frozen spinach
- Add spinach to soup, chili, or sauces
- Add to sandwiches or wraps
- Add to a summer pasta dish
- Add to scrambled eggs, omelets, or frittatas
- Add to smoothies, you can't even taste it!
- Make a salad<sup>2</sup>

### Crustless Spinach and Feta Quiche

Serves 4

#### Ingredients:

- 1 tsp butter
- 7 cups fresh baby spinach
- ½ cup crumbled feta cheese
- 4 eggs
- 2 cups milk
- ½ tsp pepper

#### Directions:

1. Preheat oven to 375 degrees F.
2. In a large skillet or pan, melt butter over medium-high heat, add spinach and sauté for 3 to 4 minutes or until wilted.
3. Spread spinach in a 9-inch ceramic or glass quiche dish or pie plate. Sprinkle with feta cheese.
4. In a medium size-bowl, whisk the eggs until blended, then milk and pepper until frothy. Pour over the spinach mixture. Using a spoon, stir gently, just enough to make sure the egg mix covers the spinach mixture.
5. Bake for 35 to 40 minutes or until kale inserted into centre comes out clean. Let stand for 5 minutes before serving. Enjoy!



Recipe adapted from [Cookspiration](#).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup> Live Science. Spinach: Health Benefits & Nutrition Facts. <https://www.livescience.com/51324-spinach-nutrition.html#section-eat-more-spinach> Accessed May 2022.

<sup>2</sup>Healthy Family Project. Spinach. <https://healthyfamilyproject.com/produce-tips/spinach/> Accessed Nov 2022.

<sup>3</sup>Government of Canada. Canadas Food Guide. <https://food-guide.canada.ca/en/>. Accessed May 2022.