



Spinach

An edible flowing plant with broad, spade-shaped, jaded leaves and undamaged stems.

Store: Store spinach in a damp towel or plastic bag in the refrigerator for up to a week. To freeze, blanch for 1-2 minutes and rinse in cold water to stop the cooking process, drain well and pack in airtight plastic bags and freeze for up to 8 months.

Prepare: Wash spinach several times under cool water remove any dirt residue. Pat dry with a towel or spin dry to eat raw or leave wet to cook in sauce pan.

Serve: Spinach can be eaten raw or leaves cooked until just wilted by placing in a sauce pan with the leaves still wet from washing, cover and cook 3-4 minutes over medium high heat, press down on leaves to remove water and drain. Add spinach last minute to soups, stir-frys or sautés.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Spinach Recipe

Spinach and Red Pepper Sauté

Ingredients:

1 tablespoon olive oil
2 teaspoons butter
2 medium red bell peppers, seeded and cut into strips
2 garlic cloves, very thinly sliced
1 pinch crushed red pepper flakes
8 cups fresh rinsed spinach
1/4 teaspoon salt, or to taste

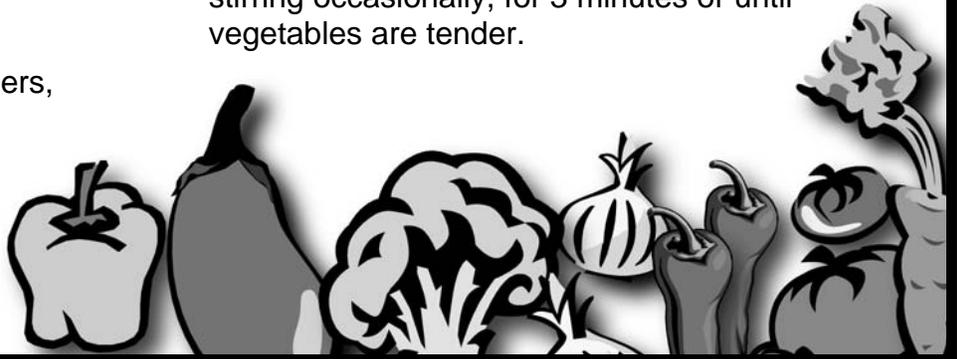
Spinach is sautéed with red bell peppers, garlic, and seasonings.

enjoy!

Directions:

In large skillet, heat olive oil and butter over medium heat. Add bell peppers, garlic, and pepper flakes. Cook stirring frequently for about 4 minutes.

Add rinsed (undried) spinach to the skillet. Sprinkle with salt. Increase heat to medium-high and cook, stirring occasionally, for 3 minutes or until vegetables are tender.



Source:Diana Rattray, About.com Guide
<http://southernfood.about.com/od/turnipgreens/r/b100311b.htm?p=1>



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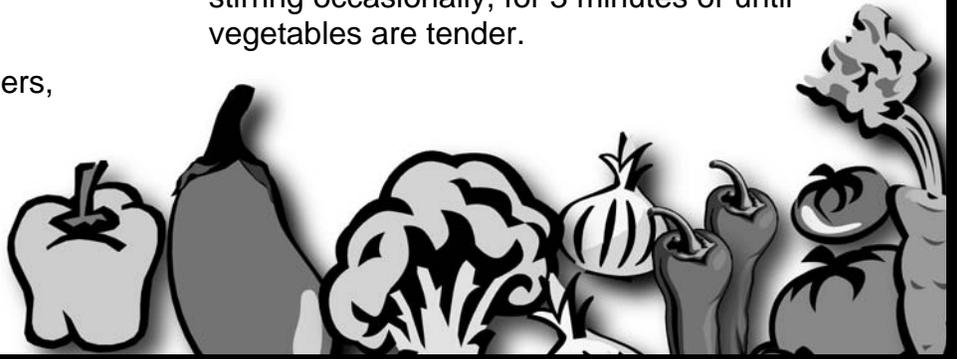
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