Spinach is a versatile vegetable that is available year-round. Raw or cooked, it is packed with nutrients and can be easily added to many recipes. Be creative!

**Best Time to Buy:** March - May + Sept. - Oct.

**Spinach Benefits U!**
- Fat & Cholesterol Free
- Source of dietary fiber & magnesium
- High in Vitamin A, C, iron, & folate

1 cup = 7 calories

**DID YOU KNOW?**
- Popeye loves his spinach and it’s no wonder! Spinach is a powerhouse of nutrients and antioxidants.
- The name for spinach is derived from the Persian word “ispanai” which means “green hand”.
- A source of calcium and vitamin K, spinach is good for your bones!
- Spinach varieties can be smooth, savoy (curly), or semi-savoy (slightly curly).
- Spinach is most readily available in the spring and fall, and can be eaten raw or cooked.

**Add Color to Your Meal**
- Add raw spinach to salads, sandwiches, wraps or smoothies.
- Chop and add to casseroles, soups, pizza, pasta, or other main dishes.
- Sauté and add to eggs for a veggie-full quiche or frittata; combine with other vegetables for a stir-fry medley.
Spinach and Egg Wraps
Makes 4 servings

WRAP INGREDIENTS:
- 4 hard-boiled eggs
- 4 flour tortillas or healthy wraps
- 4 cups raw spinach
- 1 cup sliced mushrooms
- 1 cup diced tomatoes
- 1 cup finely sliced red onion
- 1/2 cup crispy bacon, diced
- 1/2 cup mozzarella cheese, shredded

To make dressing: Combine ingredients in jar with lid. Shake well. To assemble wraps: Divide spinach, mushrooms, tomatoes, red onion, bacon, and cheese between four tortillas. Drizzle with dressing. Roll up and enjoy!

DRESSING INGREDIENTS:
- 5 Tbsp red wine vinegar
- 1/2 cup reduced fat sour cream
- 1/2 - 1 tsp salt
- 1-2 Tbsp sugar
- 2 garlic cloves, minced
- 1/2 tsp dry mustard
- 1 tsp olive oil

Nutrition Facts
Serving Size: 1 DC servings (226g)

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>225</td>
<td>10%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>11.4g</td>
<td>17%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.1g</td>
<td>21%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.6g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>19.6mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>478mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22.7g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.9g</td>
<td>11%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4.7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15.1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 75%  Calcium: 15%

Vitamin C: 29%  Iron: 15%

FAST FACTS

SELECTION
Look for fresh, crisp, green leaves with no signs of insect damage. Avoid yellowing or damaged leaves.

STORAGE
Store fresh spinach leaves in a plastic food storage bag in the refrigerator crisper. Fresh spinach should last 3 to 5 days. Do not rinse until ready to use.

PREPARATION
Rinse leaves individually under cool running water to remove sand and grit. Pat dry.

*Note: 1 pound of fresh spinach will cook down to 1 cup, about 2 servings.

PRESERVATION
Freezing Spinach:
Wash thoroughly. Remove woody stems. Water blanch for 2 minutes. Cool promptly, drain & package, in freezer containers or freezer bags, leaving 1/2 inch head space. Seal and freeze.

For more information contact:
1.800.ASK.UGA1