



# TASTE OF THE SEASON...

# S P I N A C H

## Spinach and Romaine with Strawberries

Yield 48 ½ cup servings

- 1 lb raw spinach
- 2 lb romaine lettuce
- 1 lb strawberries
- 1 cup olive oil
- ½ cup cider vinegar
- ½ teaspoon black pepper



1. Clean and trim the spinach. Dry the leaves well and place them in a large bowl. Wash the romaine leaves and cut them into pieces the size of the spinach leaves. Add the romaine to the spinach.
2. Slice the strawberries and add them to the bowl.
3. Prepare the dressing: in a small bowl whisk together the oil, vinegar and black pepper.
4. Pour the dressing over the salad ingredients. Toss well but gently to coat. Serve immediately.

Portion with 4 oz spoodle.

## Nutrition Facts

Serving Size 1 cup 30g (30 g)

Amount Per Serving		
Calories	7	Calories from Fat 1
		<b>% Daily Value*</b>
<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	
Vitamin A	56%	Vitamin C 14%
Calcium	3%	Iron 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.

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### Storage Tips:

- ✓ Fresh spinach should be dried and packed loosely in a plastic bag and stored in the refrigerator crisper. If stored properly, it should last 3 or 4 days.

### What to look for when buying Spinach-

Select leaves that are green and crisp, with a nice fresh fragrance.



**DID YOU KNOW?** Spinach is the vegetable the character Popeye would eat to gain super strength in order to defeat Brutus/Bluto.

### Make Spinach Part of Your 5 A Day Plan



- Use fresh spinach to make a tasty, healthy salad.
- Add chopped spinach to lasagna and soup.
- Stir yogurt into chopped or pureed spinach for a low-fat version of creamed spinach.
- Fresh spinach also makes a great addition to sandwiches.
- Try stir-frying spinach with garlic, onion, and chopped red bell peppers for a colorful tasty side dish.

### Spinach Facts

Spinach is most nutritious when eaten raw.

Spinach provides a powerhouse of nutrients, and may possibly be one of the world's healthiest foods.

