

SPINACH



Facts:

- 🌿 An excellent source of fiber, vitamin A, vitamin C, iron, folate, and magnesium
- 🌿 Spinach helps stay energized
- 🌿 It also helps maintain healthy vision

Resource: <http://fruitsandveggiesmorematters.org>

Produce Tips:

- 🌿 Loosely wrap spinach in damp paper towel. Refrigerate in plastic bag
- 🌿 Before use, rinse thoroughly and remove discolored leaves
- 🌿 Can be used to cook in many dishes including lasagna or omelettes

Spinach Dip Recipe

Ingredients:

- 🌿 1 (16 ounce) jar salsa
- 🌿 1 bunch spinach
- 🌿 2 cups Monterey Jack Cheese, shredded
- 🌿 1 (8 ounce) package cream cheese
- 🌿 1 cup evaporated milk
- 🌿 1 (2.25 ounce) can black olives, chopped
- 🌿 1 tablespoon red wine vinegar
- 🌿 Salt and pepper to taste

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium baking dish, mix together salsa, chopped spinach, Monterey Jack cheese, cream cheese, evaporated milk, black olives, red wine vinegar, salt and pepper.
3. Bake mixture in a preheated oven 12 to 15 minutes