



# SMART SHOPPER TIPS & RECIPES

## Get the Spin on Spinach!

**Spinach is a dark green, leafy vegetable which has a rich, hearty flavor that is tasty raw or cooked.**

### Storing

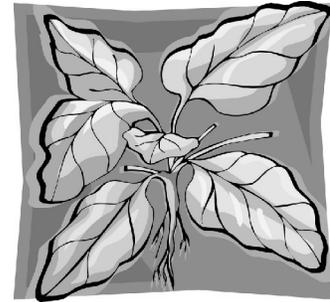
Don't wash spinach before storing it, as wet spinach tends to spoil quickly. Instead, leave packaged spinach in its plastic bag. For loose spinach, wrap in paper towels and then place in plastic bag. Store in the refrigerator crisper. Fresh spinach will keep for 3 to 5 days.

### Preparing

Spinach, when not sold pre-washed, is very sandy and requires careful washing. Place spinach under cold running water. Shake leaves gently and be sure to rinse well. Keep in mind that even though bagged spinach is often labeled 'pre-washed', it should still be rinsed.

### Cooking

Spinach that is to be cooked does not have to be dried; in fact, there is usually just enough water clinging to freshly washed leaves so that they can be steamed without additional cooking liquid. To avoid overcooking, try steaming or stir-frying.



### Serving Ideas:

- Use raw spinach in salads, sandwiches and wraps.
- Add chopped raw spinach to macaroni and cheese, lasagna or any other pasta dish before baking.
- Add shredded spinach leaves to soups just before serving.
- Toss chopped spinach into an omelet or quiche.
- Steam spinach, drain well and toss with a dressing made of soy sauce, sesame oil and a pinch of sugar. Sprinkle with sesame seeds.



**In the mood for a salad? A tasty dip for veggies? Try the recipes on the back of this page.**

**Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit**  
For tips and practical suggestions visit [www.5to10aday.com](http://www.5to10aday.com)

# Creamy Low-Fat Spinach Salad

¼ cup	light or low fat sour cream
¼ cup	buttermilk*
1 tbsp	fresh dill or ¼ tsp dried dill
pinch	salt and pepper
3 or 4 cups	fresh spinach (about 1 large bunch)
2	ripe tomatoes
1 cup	thinly sliced mushrooms

## Directions:

### Dressing

Combine sour cream and buttermilk in a small bowl. Stir in dill, salt and pepper.

### Salad

Tear spinach in to large bite-size pieces and place in salad bowl. Chop tomatoes. Slice mushrooms. Add to spinach.

Drizzle with dressing. Toss well and serve immediately.

\* If you don't have buttermilk, make your own by adding 1 tbsp vinegar or lemon juice to 1 cup milk.



# Spinach Party Dip

1 pkg	frozen chopped spinach (thawed and drained )
½ cup	low fat plain yogurt
½ cup	low fat cottage cheese
¼ cup	finely chopped onion
¼ cup	chopped red bell pepper
2 tsp	dried basil
¼ tsp	dry mustard
¼ tsp	garlic powder
pinch	freshly ground black pepper

## Directions:

In a large bowl, combine spinach, onion, red pepper and garlic. Stir in cottage cheese, yogurt and seasonings. Place in serving dish. Cover and chill until ready to serve.

Serve with raw veggies, crackers, breadsticks or pita bread pieces.

## Did You Know?

**Spinach is an excellent source of folate – a vitamin especially important for all women who could become pregnant.**

For more information about folate and pregnancy, contact a registered dietitian at your local health unit.

**Spinach is also an excellent source of Vitamin A – a vitamin that is important for our eyesight, bone and tooth development and it keeps our skin healthy.**