

Spinach

Nutritional Value

Spinach is a nutritious green despite its 80 to 90% water content. It is high in chlorophyll, vitamins A and C, all best retained by no or minimal cooking.

Cooking Tips

- Rinse leaves thoroughly in a cool water bath as garden soil and grit tend to accumulate on the underside of the leaves. Pat dry with a towel or spin dry.
- Cooks quickly. Be careful not to overcook by watching for bright green color. Remove from heat and cool.
- Steam 2 pounds of fresh spinach for 8-10 minutes. 1 pound for 5.
- Two or 3 pounds of fresh spinach reduces to 2 cups cooked. Half a cup of cooked spinach approximates a serving.
- Toss fresh and tender leaves into green salad, or try a simple salad by tossing spinach with olive oil, lemon juice, minced garlic, and a pinch of salt & pepper. Fresh basil leaves and feta cheese are optional but nice additions.
- Stuff your sandwiches, tacos, and burritos with fresh raw spinach. Add spinach at the last minute to soups, stir-fries, and sautés.
- Toss tender raw leaves or cooked pureed spinach into pasta.
- Sauté onions, garlic and curry spices, then add spinach leaves. Cook until thoroughly blended and creamy in consistency.
- Add spinach to crepes, quiche, lasagna, and other baked dishes.
- Puree cooked spinach for soup
- Make a spinach pesto, substituting raw spinach leaves for some of the basil and parsley.