

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Spinach



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What vegetable was promoted through a comic strip that started in 1929\*?

**SPINACH!**

- ◆ Select crisp, dark green bunches with no sign of insect damage or discoloring
- ◆ Look for bunches with smaller leaves and thin stems
- ◆ Keeps best in refrigerator when wrapped in a damp paper towel and placed in a plastic bag
- ◆ Rinse fresh spinach before using

\*Popeye The Sailor Man

### Nutrition Facts:

- ◆ **1 1/2 cups fresh is one serving**
- ◆ **One serving contains about 40 calories**
- ◆ **Spinach is an excellent source of fiber & vitamin A, and a good source of vitamin C & iron**

### Did you know ...

Spinach is very versatile:

- ◆ It is great fresh and uncooked as a salad green
- ◆ Frozen chopped spinach is easy to add to soups, pasta and egg dishes
- ◆ Fresh spinach can be cooked and eaten as a side dish

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Spinach Meatloaf

8 Servings

### INGREDIENTS

1 1/2 lb lean ground beef	10 oz frozen chopped spinach, thawed
1 1/2 cups seasoned bread crumbs	1 cup Mozzarella cheese, shredded and divided
2 eggs	

### DIRECTIONS

1. Preheat oven to 350°; spray a 5x9 loaf pan with cooking spray
2. Press water out of thawed spinach; reserve 1/2 cup of cheese for top of loaf
3. In a large bowl, combine beef, spinach, bread crumbs, 1/2 cup cheese and eggs and mix well; transfer to loaf pan
4. Bake 1 hour (or until cooked thoroughly). Top with remaining cheese and return to oven to melt.

Note: lean ground turkey or lean ground chicken can be used in place of the beef

### Simple ways to enjoy SPINACH:

Try fresh spinach in a sandwich instead of lettuce, or use as a wrap for your sandwich! Sauté a large bunch of fresh spinach with fresh minced garlic in a tablespoon of olive oil for a side dish.

## Chicken Florentine

4 Servings

### INGREDIENTS

4 skinless, boneless chicken breasts	8 oz frozen chopped spinach, thawed
1/2 lb shredded Swiss cheese	7 oz tomato sauce
1 tsp garlic powder	

### DIRECTIONS

1. Pound chicken breasts until flat; mix cheese and spinach together and press 1/4 of mixture into center of each breast. Roll or fold chicken around filling; place seam side down on a baking dish. Mix tomato sauce with garlic and spoon over chicken breasts.
2. Bake at 400° for 25 minutes or until cooked through.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**