

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

Look on the left menu bar 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





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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 & 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!