

Fruit & Vege Co-op



Spinach

STORAGE	PREPARATION
<ul style="list-style-type: none">- Choose crisp green leaves with no signs of wilting or blemishes.- Store refrigerated in plastic bags and use promptly.	<ul style="list-style-type: none">- Trim stalks and wash. Cook spinach without additional water; the water that clings to the spinach after washing should be enough.- Remove the stems only if eating raw, otherwise slice and cook with the leaves.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Spinach can be eaten raw in cold or warm salads or cooked and used as a side dish, in soups or pasta sauces.- It is popular in egg dishes such as soufflés, omelettes or quiches.- Spinach can be used a substitute for meat to make a delicious vegetarian lasagne.	<ul style="list-style-type: none">- Spinach is a good source of vitamins A (in the form of beta-carotene), C, B6, K and folate. Spinach is also a source of iron and potassium.- Eating spinach with other sources of vitamin C such as tomatoes or capsicum will increase the absorption of iron from the spinach.- Eating spinach with lean red meat will also improve the iron absorption.
COOKING	
<ul style="list-style-type: none">- Boil, microwave, steam or stir-fry.	
RECIPE: Spinach, Tomato and Chicken Baked Potatoes (Serves 4) <i>Adapted from www.vegetables.co.nz</i>	
4 large potatoes 2 tsp vegetable oil 1 chicken breast or 2 chicken thighs cut into small pieces 4 tomatoes chopped 2 handfuls spinach leaves	
<ol style="list-style-type: none">1. Scrub the potatoes and pierce in several places with a fork.2. Place the potatoes in the microwave on high for 8 minutes or into oven preheated to 180°C for 20-30mins.3. While the potatoes are cooking, heat the oil in a pan and brown the chicken for 5-6mins.4. Stir the spinach and chopped tomatoes through the chicken. Cook for a further 5 minutes.5. Remove the potatoes from the microwave or oven and stand for 1 minute. Cut the potatoes in half and fill with chicken and vegetable mixture. Serve.	
Variations <ul style="list-style-type: none">- Add two cloves of garlic finely chopped to the pan when browning chicken.- For a vegetarian option substitute 4 Tbsp of pesto for the chicken.- Serve with salad greens for extra vegetables.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op