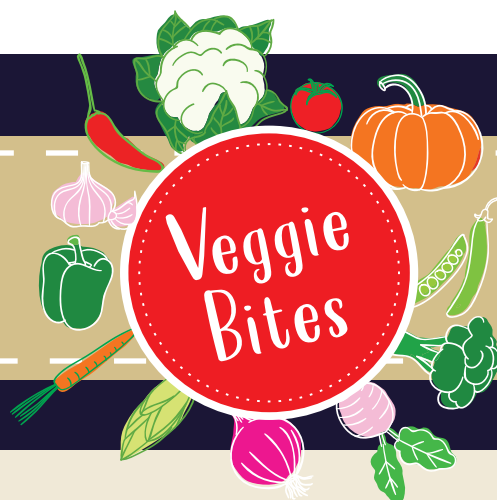


# Spinach Espinaca



## Selection

Spinach should have fresh, green leaves that are not limp, damaged or spotted. Leaves should be dull, green on top and bright green on the underside. Wash under clean, running water.

Most spinach is grown in Texas and California. Fresh spinach is available year round.

Spinach is a vegetable which grows as plant leaves.

## Uses

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, lasagna, or other vegetable dishes.

Try It!



### SPINACH-PARMESAN QUICHE BITES

#### Ingredients

- 2 cups sliced carrots
- Cooking spray
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- 1/4 cup chopped roasted red bell peppers
- 2 medium green onions, thinly sliced
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese
- 1 cup egg substitute
- 1/2 cup fat-free milk
- 1 teaspoon dry mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

#### Instructions

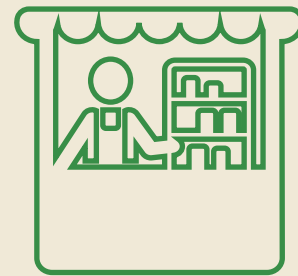
1. Preheat the oven to 350°F. Lightly spray 16 cups of two 12-cup mini-muffin pans with cooking spray.
2. Put the spinach in a medium bowl. With a fork, separate it into small pieces. Stir in the roasted bell peppers and green onions. Spoon into the muffin cups. Sprinkle 1/2 teaspoon Parmesan over each.
3. In a medium bowl, whisk together the remaining ingredients. Pour into the muffin cups. Fill the remaining 4 muffin cups with water (to keep the pans from warping).
4. Bake for 18 to 20 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the muffin pans to a cooling rack and let the quiche bites cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm.

# History & Fun Facts

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century. Spinach was not commonly eaten in the United States until the Early 19th Century.

There are 3 basic types of Spinach:

- Flat or smooth leaf—has unwrinkled, spade shaped leaves (usually used for canned and frozen spinach or in other processed foods.)
- Savoy—has crinkly, dark green, curly leaves (usually sold fresh)
- Semi-savoy—has slightly curly leaves (usually sold fresh)



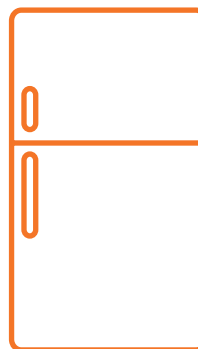
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Do not wash produce when you get home but right before eating it.
- Be sure to store fruits and vegetables separate in the refrigerator.
- It is best to store fruits and vegetables in perforated plastic bags.



### NUTRITION FACTS

Fat free  
Low in sodium  
Good source of fiber & vegetable protein  
Good source of Vitamin C  
Good source of Vitamin A  
Cholesterol free



Swipe at the Information Booth on the corner of 2nd and Main.  
Double your \$10 EBT swipe on the 1st Saturday of each month!



## Swipe & Shop



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <https://recipes.heart.org/>

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