

SPINACH

Benefits of Spinach

- Spinach is extremely nutrient-dense. It is an excellent source of vitamin K, vitamin C, vitamin A, B vitamins, vitamin E, iron, magnesium, and folate.
- Spinach is available all year round.
- Spinach can be prepared many different ways – raw, sautéed, or steamed.
- Spinach is naturally low in calories and is fat-free. One cup of spinach has only 41 calories.



Selection and Storage Tips

- When buying spinach, look for dark green leaves that are fresh, crisp and mostly whole (not torn). Avoid thick, wilted stems.
- Store spinach in a plastic bag – either the bag it came in or in your own. Keep in the vegetable drawer in the refrigerator, where it can last up to 4 days.
- Spinach can also be purchased frozen, which provides added convenience.

How to Prepare

1. Wash spinach just before eating.
2. Remove stems (optional).
3. Spinach can be enjoyed raw, sautéed, or steamed.
4. Enjoy spinach raw in a salad or in a sandwich. Add spinach to cooked foods such as eggs, pasta, pizza, or a stir-fry.

Drug Nutrient Interactions

Like other leafy green vegetables, spinach is a rich source of Vitamin K. Because Vitamin K interacts with the medication Coumadin (Warfarin), it is important to eat consistent amounts of vitamin K containing foods on a regular basis. One to two servings (1 serving being ½ cup cooked or 1 cup raw) per day is a good goal.

If you currently do not eat vitamin K-rich leafy vegetables on a regular basis, it is important to work with your health care team to safely introduce them into your diet.

Easy Spinach Omelet

Ingredients

- 2 large eggs
- 1 oz mozzarella cheese
- 2 tbsp onions, chopped
- 1/3 cup spinach, fresh



Oven Directions

1. Heat small skillet over medium heat. Drizzle with olive oil.
2. Sauté onions and spinach until tender. Remove from skillet and set aside.
3. Beat eggs and add to skillet. Cook until set.
4. Add spinach, onions and cheese. Continue cooking and fold omelet in half.
5. Cook until cheese melts.

Microwave Directions

1. Beat eggs in microwavable bowl.
2. Add onions, cheese and spinach; drizzle with olive oil.
3. Cook in microwave approximately 6 minutes, stirring every 2 minutes. Cooking time will vary depending on microwave.

Recipe courtesy of Spark Recipes

Calories 241, Total Fat 14 grams, Protein 20 grams, Sodium 385 grams,
Carbohydrates 7 grams.