



Spinach, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw spinach counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Spinach is in the dark-green category.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Spinach contains many nutrients that are important for your body. It is naturally low in calories and sodium, and high in vitamins A and C, and provides beneficial fiber, calcium and iron.

Uses and Tips

- Spinach is a popular leafy green vegetable and can be incorporated into a variety of dishes including soups, sauces, smoothies and salads.
- Add spinach, sliced tomatoes, and sliced yellow or red onions to sandwiches for extra flavor and texture.
- Pack a nutrient punch into a smoothie by adding a handful or two of spinach in a fruit and veggie smoothie.

Storing Foods at Home

- Spinach comes in a plastic bag; follow package instructions for storing and washing.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Black Bean Spinach Enchiladas

Makes 4 servings

Ingredients:

- 1/2 can (about 7-8 ounces) low-sodium black beans
- 3/4 cup corn (canned no salt added, frozen or fresh)
- 4 ounces fresh spinach (about 4 cups)
- 3 green onions, thinly sliced
- 2 tablespoons cilantro, chopped
- 1 teaspoon ground cumin
- 1/2 cup low-fat shredded cheese
- 4 whole grain tortillas

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Sauté the spinach in a pan over medium heat for 1-2 minutes until lightly wilted.
3. In a large bowl, combine black beans (drained), half of the cheese, spinach, corn, green onions, cilantro, and cumin.
4. Lightly spray a 9 x 13 inch baking dish with cooking spray.
5. Generously fill each tortilla with 1/4 of the mixture, roll up tightly with ends tucked in, and place seam side down in backing dish; sprinkle with remaining cheese.
6. Bake 20 minutes, garnish with additional cilantro and/or green onions before serving if desired.

Recipe adapted from The Garden Grazer

Pasta with Garden Sauce and Spinach

Makes 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 8 cups spinach, washed and patted dry
- 1 onion chopped
- 1 red or green bell pepper chopped
- 1/2 cup water
- 2 cloves garlic, finely chopped
- 2 teaspoons each dried oregano and basil
- 1 can diced, no salt added, tomatoes, drained
- 1 teaspoon honey (or less)
- 1 pound (box) whole grain rotini pasta
- 1/2 teaspoon salt (or less) for pasta water

Directions: Wash hands with soap and water.

1. In a skillet, heat oil over medium heat. Add onion and bell pepper and cook for 5 minutes or until onion is soft. Add spinach, water, garlic, oregano, basil, and tomatoes and stir.
2. Simmer uncovered on low heat for 20 minutes. Add honey and cook for another 5 minutes.
3. While sauce is cooking, cook pasta according to directions on the box then drain.
4. Serve garden sauce over pasta.

Recipe adapted from California Department of Public Health/CalFresh