

Spinach

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Nutrient-packed and high in fiber, spinach is a healthy veggie that offers many benefits

- CHOLESTEROL-FREE
- LOW-FAT
- LOW SODIUM
- GOOD SOURCE OF FIBER

CHOOSE: Dark green, crisp leaves. Baby spinach is lighter green.

STORE: Refrigerate in a container. Do not pre-wash.

PREPARE: Rinse well. Remove stems. Dry in a salad spinner or wrap in a clean dish towel.

EAT: Eat raw in a salad

Smoothie: Blend raw with other ingredients.

Cook: Toss in a skillet with a small amount of oil just until tender. Add chopped garlic or onion for flavor.

Toss raw and chopped in soups during final stages of cooking and allow to simmer.

Roast: Add raw to pizza before baking.

0g
FAT

20
CALORIES

2g
PROTEIN

2g
FIBER

3g
CARBS

*Per 3 cups, fresh

Chickpea Apple Spinach Salad

INGREDIENTS:

- 4 cups baby spinach
- 1 15-ounce can chickpeas (drained and rinsed)
- 2 ounces crumbled feta cheese (or shredded cheese of choice)
- ½ cup dried cranberries
- ½ small red onion (sliced finely, about ½ cup)
- 1 small apple (chopped, about 1 cup)

Dressing:

- ¼ cup dijon mustard (or yellow mustard)
- ¼ cup honey
- ¼ cup apple cider vinegar
- ¼ tsp of salt

INSTRUCTIONS:

- 1 In a large bowl, combine all salad ingredients. Set aside.
- 2 In a jar with tight fitting lid, combine all the dressing ingredients. Close lid and shake to combine.
- 3 Pour dressing over the salad just before serving. Toss gently to combine.

