



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Spinach



Pick it!

Pick green, crisp leaves with fresh fragrance. Avoid limp, damaged or spotted leaves.

Try it!

Use cooked or raw in salads and sandwiches.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Spinach

Pick it!

Select green, crisp leaves with fresh fragrance. Avoid limp, damaged or spotted leaves.

Leave should be dull green on top and bright green on the underside.

Available all year round.

Dry and pack fresh spinach loosely in a plastic bag and store for 3-4 days in the refrigerator crisper.

Try it!

Use cooked or raw in salads and sandwiches.

Can be steamed, boiled, microwaved, sautéed or stir-fried.

Tear off the stem and separate the leaves. Place in a large bowl of water; let dirt and debris drift to the bottom of the water and remove leaves by lifting out. Repeat until leaves are clean.

Types of Spinach

Smooth leaf: Flat, smooth, easy to clean; picked young as baby spinach for salads

Semi-Savoy: Crinkled leaves with some texture; not difficult to clean

Savoy: Dark green, crinkled, curly leaves; sold in fresh bunches for salads

Did you know...

Vitamin K, known as the clotting vitamin, is found in green leafy vegetables and made by the bacteria that line the gastrointestinal tract.



Like it!

Chicken Florentine

Ingredients

- 10 ounces package frozen, chopped spinach, thawed and drained well
- 1 teaspoon dried thyme leaves, crushed
- 1 Tablespoon olive oil
- 2 teaspoons garlic powder
- ½ cup onion, finely chopped
- 1 Tablespoon white flour
- 1 cup low-sodium chicken broth
- 3 cups cooked chicken, cubed
- 2 Tablespoons grated lemon peel

Directions

1. Preheat oven to 300 degrees F.
2. Put spinach in a large skillet, cover and cook over medium heat until heated through.
3. Remove and drain liquid.
4. Heat thyme, oil, garlic and onion until onion is transparent.
5. Add broth and heat until thick. Add cooked spinach.
6. Put chicken in a baking dish and add spinach sauce and lemon peel.
7. Place in oven and cook for 10 minutes.

Yields 4 servings

Nutrition Facts per Serving:
Calories 220; Fat 7g; Cholesterol 75mg; Sodium 150mg;
Carbs 8g

Sources: urbanext.illinois.edu/

Colorful Quesadilla

Ingredients

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 6-inch flour tortillas
- 1 cup sweet red pepper, chopped
- 1 cup low-fat shredded cheese
- 2 cups spinach leaves

Directions

1. In a small bowl, mix cream cheese and garlic powder.
2. On each tortilla, spread 2 Tablespoons of the cream cheese mixture and add 2 Tablespoons bell pepper, ¼ cup spinach, and 2 Tablespoons cheese on ½ of the tortilla. And fold in half.
3. Heat a skillet over medium heat.
4. When skillet is hot, cook tortillas for 1-2 minutes on each side or until golden brown.
5. Remove and cut into 4 wedges.

Yields 8 servings

Nutrition Facts per Serving:
Total Calories 156; Total Fat 4g, Saturated Fat 1g;
Cholesterol 6mg; Sodium 483mg; Carbohydrates 19g,
Dietary Fiber 2g, Total Sugars 3g, Added Sugars included
0g; Protein 11g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/colorful-quesadillas

**Find more recipes
and videos at
extension.sdstate.edu**

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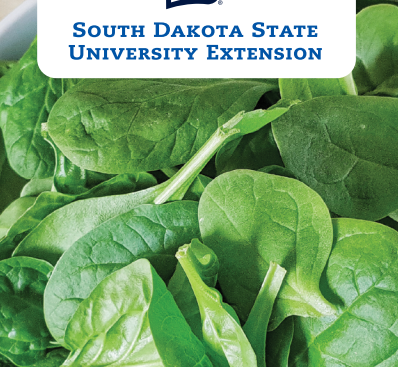
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Spinach

- Select green, crisp leaves with fresh fragrance. Avoid limp, damaged or spotted leaves.
- Dry and pack fresh spinach loosely in a plastic bag and store in the refrigerator crisper. Lasts 3-4 days.
- Use cooked or raw in salads and sandwiches.
- Can be steamed, boiled, microwaved, sautéed or stir-fried.
- Remove stem, place in water. Let dirt and debris drift to the bottom of the water and lift leaves out of the water.

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- 1 Tablespoon olive oil
- 2 teaspoons garlic powder
- ½ cup onion, finely chopped
- 1 Tablespoon white flour
- 1 cup low-sodium chicken broth
- 3 cups cooked chicken, cubed
- 2 Tablespoons grated lemon peel

Directions

1. Preheat oven to 300 degrees F.
2. Put spinach in a large skillet, cover and cook over medium heat until heated through.
3. Remove and drain liquid.
4. Heat thyme, oil, garlic and onion until onion is transparent.
5. Add broth and heat until thick. Add cooked spinach.
6. Put chicken in a baking dish and add spinach sauce and lemon peel.
7. Place in oven and cook for 10 minutes.

Yields 4 servings

Nutrition Facts per Serving:

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3. Heat a skillet over medium heat.
4. When skillet is hot, cook tortillas for 1-2 minutes on each side or until golden brown.
5. Remove and cut into 4 wedges.

Yields 8 servings

Nutrition Facts per Serving:

Total Calories 156; Total Fat 4g, Saturated Fat 1g; Cholesterol 6mg; Sodium 483mg; Carbohydrates 19g, Dietary Fiber 2g, Total Sugars 3g, Added Sugars included 0g; Protein 11g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/colorful-quesadillas



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Spinach

In season:



Summer

Sampling Display Instructions

Chicken Florentine

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons			
Firmly packed baby spinach	2 cups	3 cups	4 cups
Dried thyme leaves, finely crushed	½ teaspoon	¾ teaspoon	1 teaspoon
Olive oil	1 ½ teaspoons	2 teaspoons	1 Tablespoon
Garlic powder	1 teaspoon	1 ½ teaspoons	2 teaspoons
Finely chopped onion	¼ cup	⅓ cup	½ cup
White flour	1 ½ teaspoons	2 teaspoons	1 Tablespoon
Low-sodium chicken broth	½ cup	¾ cup	1 cup
Cooked, cubed chicken	1 ½ cups	2 cups	3 cups
Grated lemon peel	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons

Directions:

1. Preheat oven to 300 degrees F.
2. Put spinach in a large skillet, cover and cook over medium heat until heated through.
3. Remove and drain liquid.
4. Heat thyme, oil, garlic and onion until onion is transparent. Add broth and heat until thick. Add cooked spinach.
5. Put chicken in a baking dish and add spinach sauce and lemon peel.
6. Place in oven and cook for 10 minutes. Transfer to a warmed slow cooker and keep warm for transport. Bring extra broth to add if needed.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=AY-7qNCJt3IY



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Ensure Allergy Alert sign is visible.
- Ask parent's permission before children may sample.
- Place only a few samples out at a time in small cups, provide forks.
- Ask if they use spinach often in their meals. Ask if they could use this recipe.

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Summer

Sampling Display Instructions

Colorful Quesadilla

Ingredients	24 samples	32 samples	48 samples
Samples: 1 tortilla = 4 sample servings			
Fat-free cream cheese	6 ounces	8 ounces	12 ounces
Garlic powder	1/4 teaspoon	1/4 teaspoon	1/2 teaspoon
Flour tortillas (6 inches across)	6	8	12
Sweet red pepper	3/4 cup	1 cup	1 1/2 cups
Low-fat cheese (shredded)	3/4 cup	1 cup	1 1/2 cups
Spinach leaves (fresh or 1/8 package frozen thawed and squeezed dry)	1 1/2 cups	2 cups	3 cups

Directions:

1. In a small bowl, mix cream cheese and garlic powder.
2. On each tortilla, spread 2 Tablespoons of the cream cheese mixture and add 2 Tablespoons bell pepper, 1/4 cup spinach and 2 Tablespoons cheese on 1/2 of the tortilla. And fold in half.
3. Heat a skillet over medium heat.
4. When skillet is hot, cook tortillas for 1-2 minutes one each side or until golden brown.
5. Remove and cut into 4 wedges, transfer to a warmed slow cooker for transport. Serve warm.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
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youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



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