

SPINACH

Spinach is a dark, leafy green that can be eaten raw or cooked. Fresh, frozen or canned spinach is packed with nutrients and excellent sources of Vitamin A, C, K and Folate.



HOW TO CHOOSE & PREPARE (FRESH)

- Look for firm, bright green leaves, avoiding yellow, broken or slimy leaves.
- Try to pick spinach with freshly cut stems.
- To prepare, rinse and eat whole or tear into bite size pieces. Eat raw or add to a dish at the end of cooking.

HOW TO PREPARE (CANNED/FROZEN)

- Squeeze out excess liquid before using.
- Cook until warmed through.
- Season the cooked spinach with: lemon, garlic, chili flakes, parmesan cheese/soy sauce, sesame oil, ginger/curry seasoning. Look for brands without added sauces, fats or sodium.

HOW TO STORE (FRESH)

- Make sure spinach is dry before storing by patting leaves dry with paper towels or a clean kitchen rag.
- Wrap paper towels around spinach to absorb excess moisture.

HOW TO FREEZE

- Cook spinach until wilted in boiling water or a frying pan.
- Pack tightly in a container and place in your freezer.

For more information, visit thefoodbank.ca/food

EASY WAYS TO EAT MORE SPINACH

- Eat in salads!
- Add to your favourite soup, casserole, stir fry or pasta!
- Add to grilled cheese or quesadillas!
- Add to smoothies!
- Add to eggs!

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SALAD DRESSING

Serves 4 | Prep: 5-10 mins

Difficulty level: Easy to Moderate



BASIC VINAIGRETTE INGREDIENTS:

- 3/4 cup oil (olive oil, canola, neutral tasting oil)
- 1/4 cup vinegar or lemon juice
- Salt & pepper to taste

ITALIAN VINAIGRETTE INGREDIENTS:

- Basic vinaigrette ingredients
- 1/2 teaspoon minced garlic or garlic powder
- 1/2 teaspoon italian seasoning
- 1 pinch red pepper flakes (optional)

BASIC CREAMY DRESSING INGREDIENTS:

- Basic vinaigrette ingredients
- 1-3 tablespoons sour cream, yogurt or mayonnaise

HERBED VINAIGRETTE INGREDIENTS:

- Basic vinaigrette ingredients
- 2 tablespoons fresh or dried herbs
- Minced garlic or garlic powder (optional)
- Squeeze of lemon juice

MUSTARD VINAIGRETTE INGREDIENTS:

- Basic vinaigrette ingredients
- 1-2 teaspoons mustard
- 1-3 teaspoons sugar (optional)

PARMESAN-PEPPER DRESSING INGREDIENTS:

- Basic creamy dressing
- 1 tablespoon grated parmesan cheese
- 1/8 teaspoon ground black pepper (to taste)

INSTRUCTIONS

1. Add all ingredients to a sealable container and shake until well combined. Taste and adjust seasoning as needed.

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