

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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SUMMER PASTA SALAD

Serves 4 | Prep: 10 mins | Cook: 10 mins

Difficulty level: Easy to Moderate



INGREDIENTS

- 1 pound (454g) short to medium length pasta (rotini, bowtie, penne, orzo)
- 1-2 small zucchinis chopped into bite-size pieces
- 1 pint cherry tomatoes or 1 medium tomato chopped
- Juice of 1 lemon
- 1-3 tablespoons oil
- 1/4 bunch fresh parsley chopped (if using dried, about 1 tablespoon)
- 1 cup feta (optional)
- Salt & pepper to taste
- Any additional vegetables (broccoli, spinach, cucumber, bell pepper, etc.)

INSTRUCTIONS

1. Bring pot of water to a boil.
2. Cook pasta according to package directions and drain. While pasta is cooling, cut vegetables into bite-sized pieces.
3. Add all ingredients to a bowl, stir to combine.
4. Season with salt & pepper. Enjoy immediately or store in the fridge for up to 1 week.

GET CREATIVE!

- Pick a different pasta or grain. Try: couscous, bulgur, rice, spelt.
- Choose your favourite vegetables, or what needs to be used up in your fridge.
- Add extras like cheese, nuts, beans, fresh herbs and meat.
- Dress with oil & an acid like vinegar or lemon juice or use your favourite salad dressing.
- Season, keep it simple or get creative!

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