



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Spinach

Did you know?

Spinach is available all year long, but its peak season is the cool of spring and fall.

One serving of spinach contains only 20 calories and is a good source of iron!

Spinach is an excellent source of Vitamins A, C, and K.

Fun Fact!

With its strong color, spinach can also be used to dye pastes green!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for spinach with vibrant green leaves that are crisp and unblemished.
- Keep spinach dry. Don't wash until ready to eat.
- Bagged spinach can be stored for up to one week in a plastic bag in the refrigerator.
- Avoid spinach with soft spots, wet places, yellowing or bruising.

Spinach, Strawberry, Pecan Salad

1 pound fresh spinach, washed & dried
1 pint strawberries, washed & halved
1/4 cup pecan halves, toasted

Dressing:

1/3 cup raspberry vinegar
1 teaspoon dry mustard
1/2 teaspoon salt
1/4 cup sugar
1 cup olive oil
1 1/2 Tablespoons poppy seeds

Combine dressing ingredients except the poppy seeds in a blender. Add the poppy seeds by hand. Toss dressing with spinach, strawberries, and pecans. The warm nuts will slightly wilt the greens.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Serves: 6

Nutrition Facts:

Calories: 230

Total Fat: 20 g

Cholesterol: 0 mg

Sodium: 190 mg

Total Carbohydrate: 12 g

Protein: 4 g

<http://healthyliving.tamu.edu/recipes>

Vegetable Joke

Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

How do you fix a broken tomato?


