

Fun Food Feature of the Week!

Spinach

- Rich in carotenoids including beta-carotene and lutein. Spinach also contains a phytochemical called quercetin that has antioxidant properties.
- The vitamin and mineral content of spinach is also high. It contains folate, vitamin K, magnesium, and manganese.
- There are three main varieties of spinach including: Savoy (crinkly, curly leaves with dark green color), Semi-savoy (slightly crinkled leaves), and Flat or smooth leaf (small, flat, smooth leaves).
- When selecting fresh spinach, it should be vibrant in color with minimal discoloration and bruising.
- Careful washing of spinach is a necessity since it easily traps dirt and sand.
- A VERY high volume, low calorie food at only 13 calories per 2 cups.



Strawberry-Melon Spinach Salad

- 12 cups of baby spinach or bite sized pieces
- 2 cups sliced strawberries
- 2 cups cubed cantaloupe
- 6 medium green onions (sliced)



Toss the above ingredients with dressing below.

Orange-Honey Dressing

- 1/4 cup orange juice
- 1/4 cup honey
- 2T olive oil
- 2T Dijon mustard

Shake ingredients to blend together. Store any remaining dressing in the refrigerator.

Serves 16. Exchanges: 1 fruit