



## What I love to do with Spinach

By Debbie Schmitt

Buy Safe, Buy Fresh, Buy Local at Schmitt's Farmstand on Sound

### SPINACH SALAD

- 1 to 2 bunches Spinach washed
- 2 hard-boiled eggs, peeled and crumbled
- 6 pieces of crisp bacon, crumbled
- 1 cup mushrooms, sliced
- 1 cup shredded mozzarella

#### Dressing

½ cup cider vinegar

½ cup sugar

¾ cup canola oil

Salt and pepper to taste

Mix with salad ingredients and enjoy!

### SPINACH STIR FRY

- 1 to 2 bunches spinach washed
- ¼ cup chopped onion
- 1 tablespoon butter or olive oil
- 2 tsp. flour

#### Directions

Tear spinach into pieces and put wet spinach in stir fry pan. Stir fry until wilted. Remove from pan. Add onion and butter and simmer about 5 min. Sprinkle with flour and stir to combine. Add a little water to make a paste. Add spinach and stir until blended nicely. Enjoy!

### Other things I like to do with Spinach

1. I will add torn raw spinach to soups, even from the can.
2. Spinach is delicious with scrambled eggs and feta cheese.
3. Put Spinach on your favorite sandwich instead of lettuce.
4. Add a can of white beans to the spinach stir fry for more fiber.
5. Add a handful of spinach to a regular lettuce salad.

### Benefits of Spinach

1. One cup of spinach helps dietary fiber helping in digestion, prevents constipation, and maintains low blood sugar and curbs overeating.
2. Spinach has anti cancer properties. Vitamin K makes a healthy nervous system.
3. Vitamin A helps moisture retention in skin and strengthens bones.
4. Spinach contains vitamin C, E, beta-carotene, zinc and selenium which are powerful antioxidants that combat osteoporosis, atherosclerosis and high blood pressure.
5. Sutein and zeaxanthin are plentiful in spinach and protect eyes from cataracts and age related macular degeneration.