

Spinach

Storage

Wrap loosely in paper towels and store in the crisper drawer for 4-5 days.



Preparation

Wash well in cold water, trim roots and thick stems. Chop or tear to desired size. Spinach can be eaten raw in salads and sandwiches, or you can saute, steam, boil, or stir-fry it. It also works well in soups.

Nutrition

Spinach is rich phytonutrients which work as anti-inflammatory and anticarcinogen agents. It is also contains large amounts of Vitamin K which is beneficial for bone health.