

# Nutrition Education

Hopefully spinach is a part of your family's diet, because it is a super food! Spinach is a rich source of vitamin A (and especially high in lutein), vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, iron, riboflavin, calcium, potassium, vitamin B<sub>6</sub>, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. Researchers have identified more than a dozen different flavonoid compounds in spinach that function as anti-inflammatory and anti-cancer agents.

Toss a spinach salad, add some leafy spinach to your favorite sandwich or try the quick and easy recipe for spinach sauté below.

## Spinach Sauté

- 2 large bunches of spinach, about 1 lb, cleaned
- 2 T. extra virgin olive oil
- 3 cloves garlic, sliced or minced
- Salt and pepper to taste

1. Cut off the any thick stems off the spinach and discard. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.
2. Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a spatula to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.
3. After 2 minutes of covered cooking, the spinach should be completely wilted. Remove from heat. Add salt and pepper to taste. Serve immediately.

Serves 4

