

# CANNED SPINACH



## NUTRITION

- Each can contains about 3 servings.
- Rinse canned spinach to remove excess salt.
- $\frac{1}{2}$  cup of canned spinach contains:
  - More than your recommended daily value of Vitamin K to help with the formation of bones, tissues and hormones.
  - 70% of your recommended daily value of Vitamin A to keep eyes and skin healthy and to protect the body against infections.

## PREPARATION

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.
- Try canned spinach:
  - Add flavor to canned spinach with garlic, pepper, lemon juice, or Parmesan cheese.
  - Drained and chopped spinach makes a healthy filling for pasta and enchiladas.

## STORE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened spinach in a tightly covered container that is not made from metal and refrigerate; use within 3 days.
- Look at the “Best if used by” or “Best by” date on the package.

### FOOD SAFETY CAUTION:

If the can is leaking or the ends are bulging, **throw it away.**

If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away.**



chicagosfoodbank.org 773-247-FOOD

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# Simple Sautéed Spinach

Serves: 6  
 Prep: 5 minutes | Cook: 15 minutes

## Ingredients

- 1 ½ cups of canned spinach
- 2 tablespoons cooking oil
- 4 cloves garlic, thinly sliced\*
- 1 tablespoon lemon juice\*
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper flakes\*

## Preparation

1. Wash and dry spinach.
2. Heat oil in pan over medium heat. Add garlic and cook until it begins to brown, 1 to 2 minutes.
3. Add spinach and mix well. Cover and cook until wilted, 3 to 5 minutes.
4. Remove from heat and add lemon juice, salt and crushed red pepper flakes. Toss to coat and serve immediately.

Serve this dish on top of your favorite pasta or as a side to your favorite main dish.

## \*Substitutions

4 cloves garlic	—>	1 teaspoon garlic powder
1 tablespoon lemon juice	—>	1 tablespoon vinegar (like white wine or apple cider)
Crushed red pepper flakes	—>	Hot sauce, to taste



Nutrition Information	
<i>Serving size: 1/6th of recipe</i>	
<b>Total calories</b>	<b>46</b>
<b>Total fat</b>	<b>5 g</b>
Saturated fat	1 g
Trans fat	0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>105 mg</b>
<b>Carbohydrates</b>	<b>1 g</b>
Fiber	0 g
Sugars	0 g
<b>Protein</b>	<b>0 g</b>

Recipe source: Eating Well Magazine  
 Image source: Food and Wine Magazine

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# Black Bean and Vegetable Quesadillas

Serves: 6  
Prep: 15 minutes | Cook: 30 minutes

## Ingredients

- 1 (15.5 ounce) can black beans, drained and rinsed\*
- 4 cups fresh spinach, rinsed and chopped
- 2 medium zucchini, thinly sliced
- 1 cup fresh corn\*
- 4 ounces shredded cheddar cheese
- 2 tablespoon cooking oil
- ½ teaspoon each ground cayenne pepper and black pepper
- 6, 8-inch whole wheat tortillas
- *Optional: 3 tablespoons fresh parsley or cilantro, rinsed and chopped*

## Directions

1. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
2. Add corn and spinach. Cover and cook until tender, about 5 minutes. Remove skillet from heat and place vegetables in bowl.
3. Add black beans to bowl. Stir to combine and smash beans lightly with a fork. Add 1 to 2 teaspoons water to make paste. Season mixture with black pepper and parsley or cilantro (optional).
4. Heat oil in clean skillet over medium-high heat. Place tortilla on skillet and spread vegetable mixture on half of tortilla. Sprinkle with cheese. Fold tortilla over and cook for 4 minutes per side or until golden brown.



Nutrition Information	
<i>Serving Size: 1 folded tortilla</i>	
<b>Calories</b>	<b>357</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	5 g
Trans fat	0 g
<b>Cholesterol</b>	<b>19 mg</b>
<b>Sodium</b>	<b>285 mg</b>
<b>Carbohydrates</b>	<b>45 g</b>
Fiber	9 g
Sugars	5 g
<b>Protein</b>	<b>15 g</b>

### \*Substitutions

Fresh corn	—>	No salt added canned or frozen corn
Black beans	—>	Pinto beans or cooked chicken, beef or turkey

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# Spinach Pasta

Serves: 4  
 Prep: 10 minutes | Cook: 15 minutes

## Ingredients

- 6 ounces uncooked pasta (like penne, spirals, or macaroni)
- ½ cup onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ teaspoon dried basil (if you like)
- 1 tablespoon vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 can (about 13 ounces) chopped spinach, well drained
- 2 tablespoons Parmesan cheese (if you like)



## Directions

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

Nutrition Information	
<i>Serving Size: ¼ of recipe</i>	
<b>Calories</b>	<b>230</b>
<b>Total fat</b>	<b>4 g</b>
Saturated Fat	0 g
Trans fat	0 mg
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>180 mg</b>
<b>Carbohydrates</b>	<b>40 g</b>
Fiber	4 g
Sugars	5 g
<b>Protein</b>	<b>8 g</b>

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# Low-fat Spinach Dip

Serves: 3  
Prep: 10 minutes | Cook: 0 minutes

## Ingredients

- ½ cup plain low-fat yogurt
- ½ cup low-fat (1% fat) cottage cheese
- 1 can (13 ounces) chopped spinach, well drained, or chop up other types of low-sodium canned spinach
- 1 green onion, sliced; or use ¼ cup onion, chopped, instead
- 1 teaspoon chili powder
- 1 teaspoon lemon juice

## Directions

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.



Nutrition Information	
<i>Serving Size: ½ cup</i>	
<b>Calories</b>	<b>90</b>
<b>Total fat</b>	<b>1 g</b>
Saturated Fat	0.5 g
Trans fat	0 g
<b>Cholesterol</b>	<b>5 mg</b>
<b>Sodium</b>	<b>430 mg</b>
<b>Carbohydrates</b>	<b>9 g</b>
Fiber	2 g
Sugars	5 g
<b>Protein</b>	<b>10 g</b>

# Low-fat Spinach Dip

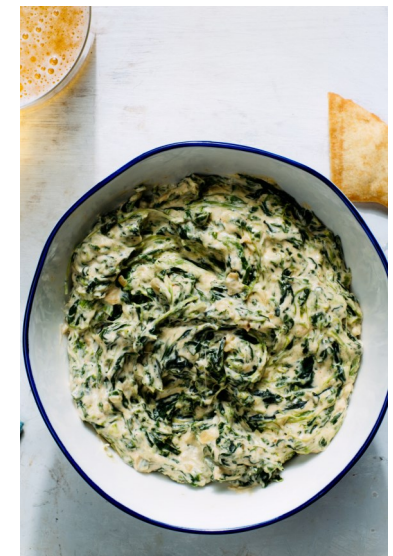
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