

Spinach



Nutrition Facts:

Spinach is a delicate leafy green with a mild flavor that can be eaten raw in salads or added to soup. Spinach has lots of:

Vitamin A: Vitamin A is important nutrient for developing healthy eyes and good vision.

What to Look For: Buy crisp, green leaves that firm and fresh.

Storage: Wrap spinach in paper towel and place in a plastic bag. Keep in the fridge. Eat within 2-3 days.

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Spinach and Strawberry Salad

Ingredients:

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| 1 bunch spinach | 2 Tbsp balsamic vinegar |
| 2 cups sliced strawberries | 1/4 cup oil |
| 1/4 cup slivered almonds | 2 Tbsp honey/sugar |
| 2 Tbsp fresh lemon juice | Salt and Pepper to taste |

Directions:

- 1) Mix spinach, strawberries and almonds together.
- 2) In a separate bowl, measure out oil, honey, vinegar and lemon juice. Whisk or mix everything together until blended.
- 3) Toss the spinach, strawberries and almonds with dressing just before serving.

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