

Recipes

Spinach and Orange Salad

(4 servings)

- 4 cups fresh, trimmed, washed spinach
- 2 oranges, peeled and sectioned
- ½ cup sliced onions (optional)
- ¼ cup French dressing, reduced calorie

Wash and drain spinach thoroughly. Tear into small pieces and combine with the orange and onion slices. Pour the French dressing over the ingredients and mix well. Chill for 1 to 2 hours.

Spinach and Rice Casserole

(6–8 servings)

- 1 cup white or brown rice
- ½ cup plain low-fat yogurt
- 1 egg, slightly beaten
- 1 clove garlic, minced or pressed
- ¼ tsp grated lemon peel or juice (optional)
- 1 pkg (10 oz) of frozen chopped spinach (thawed, drained, and squeezed dry)
- 1 cup (4 oz) cheddar cheese, crumbled
- ⅓ cup fresh parsley or 2 Tbsp dried
- ⅓ cup thinly sliced green onion
- ½ tsp dried oregano

Cook rice according to directions. Once done remove from heat and let stand 10 minutes. Stir in ¼ cup yogurt, egg, garlic, and lemon peel; set aside. While the rice is cooking, combine the squeezed spinach with remaining ¼ cup yogurt, cheese, parsley, green onions, and oregano. Spoon one-half of rice mixture into the bottom of a one-and-one-half quart casserole that has been sprayed with nonstick cooking spray. Top with the spinach mixture and cover with the remaining rice. Bake for 45 minutes in a 350°F oven.

Food Safety Tips

- ✓ Bake for time suggested. This ensures the egg is well done.
- ✓ Refrigerate immediately after serving. Store in small portions. This cools food fast and prevents bacteria from growing.

For more information about reducing the risk of certain cancers, call your Penn State Cooperative Extension office and ask about the Eat Five lessons.

Prepared by J. Lynne Brown, professor of food science, in cooperation with Central Region family living educators.



Vegetable Variety

Spinach



PENNSTATE



College of Agricultural Sciences
Agricultural Research and
Cooperative Extension

Visit Penn State's College of Agricultural Sciences on the Web: www.cas.psu.edu

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available from the Publications Distribution Center, The Pennsylvania State University, 112 Agricultural Administration Building, University Park, PA 16802. For information telephone 814-865-6713.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; Tel 814-865-4700/V, 814-863-1150/TTY.

© The Pennsylvania State University 2008

Produced by Ag Communications and Marketing

Code # UK175

5M9/08mpc3989(s)



Try these ideas.

Raw

✓ Spinach makes a great salad green. Prewashed varieties are easy to use. Save money by washing bunch spinach yourself.

✓ Use it in place of lettuce on sandwiches. In a recent study, people enjoyed the taste of hamburgers that were topped with spinach.

Cooked

✓ Use cooked spinach in casseroles.

✓ Steam it quickly. Serve with a touch of vinegar as a side dish.

Try the recipes on the back of this brochure.

Spinach can help reduce your risk of cancer. People who eat at least 3 servings of vegetables a day are less likely to get some common cancers. Health professionals recommend working up to 5 servings of vegetables and 4 servings of fruit into your day.

One cup of raw, leafy greens is one serving.

Here's how you can work vegetables and fruits into your day.		Servings*
Breakfast	$\frac{3}{4}$ cup of fruit juice or $\frac{1}{2}$ cup of fruit	1
Lunch	Cup of salad containing spinach	1
Snack	Piece of fruit	1
Dinner	Spinach and rice casserole, corn, and baked chicken.....	2
TOTAL		5

***One serving** is one medium-sized piece of fruit; $\frac{1}{2}$ cup of chopped, cooked, or canned fruit; $\frac{1}{4}$ cup dried fruit; $\frac{3}{4}$ cup of juice; 1 cup of raw, leafy vegetable; or $\frac{1}{2}$ cup of other vegetable, raw or cooked.

Spinach can help reduce your risk of cancer because it contains

- ✓ beta carotene, used to form vitamin A.
- ✓ vitamin C, an antioxidant.
- ✓ fiber to prevent constipation.
- ✓ lutein, a phytochemical that protects your eyes against macular degeneration. This disease causes blindness in older adults.

Selection

Choose crisp leaves without yellow or black spots. Avoid bunches or packages with wilted leaves. Frozen spinach is also a good buy. There is less waste.

Storage

Put it in the refrigerator crisper in a covered container or plastic bag. Use it within 2 days.

