

# SPINACH

## WHAT PARTS CAN I EAT AND HOW?



### THE LEAVES

- Use raw in salads, smoothies
- Add to pasta dishes
- Blend in a pesto or other sauce
- Use fresh or frozen in curries, stews or soups
- Add to your eggs or omelet

### THE STEMS

- Blend them into a smoothie
- Add to a stir-fry, sauté or boil

**NUTRITION TIP:** Pair dark leafy greens rich in iron with foods rich in vitamin C, like tomatoes, citrus, and peppers for better absorption of the plant-based irons.

### WHEN IS IT IN SEASON?



Spinach is in season from **May to November**.

### STORAGE



Gently wrap fresh spinach in a paper towel to absorb excess water. Place the paper towel-wrapped spinach in a storage container or bag. Fresh spinach can also be frozen directly without cooking.

# BROCCOLI & SPINACH SHAKSHUKA

SERVES 6

## INGREDIENTS:

- 2 tablespoons olive oil
- 2 onions, diced
- 2 garlic cloves, minced
- ½ head of broccoli, bite-sized pieces
- 2 cups spinach
- 2 bell peppers, diced
- 3 tomatoes, diced
- 3 tablespoons tomato paste
- 1 (15 oz) can tomato sauce
- 2 teaspoons cumin
- 2 teaspoons chili
- Pinch of sugar
- 2 teaspoons salt
- 1 teaspoon pepper
- 6 eggs
- ½ cup parsley or coriander, chopped

## INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Start by half-cooking your broccoli. In a large bowl, pour boiling water to cover, and cover the bowl. Leave to cook for 3-5 min. You want it soft with a bit of bite. Drain and put aside.
3. In a large pot or saucepan over medium-heat, sauté onions for 2-3 minutes or until onions soften. Add garlic and continue to sauté until fragrant.
4. Add spices, salt, and pepper, Add broccoli and bell peppers and sauté for 5-7 mins.
5. Add tomatoes and tomato paste. Stir, then add spinach, and cover for 2-3 mins until it wilts down.
6. Simmer over medium heat for 10 minutes until it starts to reduce.
7. Transfer mixture to a pan or casserole. Crack eggs one at a time evenly over the top. Cover and simmer for 10-15 min.

# SPINACH & BANANA MUFFINS

24 MUFFINS

## INGREDIENTS:

- 1 cup unsweetened applesauce
- 3 eggs
- 4 teaspoons vanilla
- 4 cups spinach
- 2 bananas
- 2/3 cup maple syrup
- 1/4 cup coconut or vegetable oil
- 3 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

## INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Put the applesauce, egg, vanilla, spinach, banana, maple syrup and oil in a blender or food processor and blend.
3. Combine the flour, baking powder, baking soda and salt in a mixing bowl.
4. Add the wet spinach mixture from blender to the bowl of dry ingredients.
5. Slowly mix the dry ingredients into the wet until combined. The mixture might be dense. Add a splash of oil or applesauce to loosen it up if you need to, but the mixture should resemble a thick pancake batter. Scoop batter into muffins tin.
6. Bake for 20-25 min,