

# Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

## SPINACH



Presented by  
Harford County  
Master  
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and  
Family &  
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### Mushroom and Spinach Sauté

#### Ingredients

5 to 6 ounces baby spinach, washed  
2 cups mushrooms, washed/sliced  
2 garlic cloves, minced  
2 teaspoons olive oil  
Salt and pepper to taste ( optional )



high heat. Add mushrooms; sauté until tender, about 2 minutes. Add garlic; cook 1 minute longer. Add spinach in batches; cook and stir until wilted, about 1 minute. Season with salt and pepper. Serve immediately.

#### Directions

In a large skillet, heat oil over medium-

*Nutrition Info per 3/4 cup: Calories 76, Fat 5g, Sodium 108mg, Carbs 6g, Protein 4g*

### Spinach Rice

#### Ingredients

2 cups baby spinach, washed  
1/2 cup uncooked instant rice  
1/2 cup chopped onion  
3/4 cup water  
1 tablespoon olive oil  
1/4 teaspoon salt  
Pepper to taste



-high heat; sauté onion until tender. Add water, salt and pepper; bring to boil. Stir in rice; top with spinach. Cover; remove from heat. Let stand until rice is tender, 8-10 minutes. Fluff with fork and serve warm.

#### Directions

In a saucepan, heat oil over medium

*Nutrition Info per 3/4 cup serving: Calories 235, Fat 10g, Sodium 226mg, Carbs 25g, Protein 3g*

### Easy Spinach Chicken for One

(or Two, just double it!)

#### Ingredients

1 cup spinach leaves, washed  
1 clove garlic, sliced  
1 bone-in chicken thigh with skin  
Salt and pepper to taste



thigh in the oven set at 350°F until it reaches an internal temp of 165°F, about 45-50 minutes. Let rest 5 minutes and serve.

#### Directions

Stuff spinach leaves and garlic under the skin of the chicken thigh and place on a baking dish. Sprinkle with salt and pepper. Bake chicken

*Nutrition Info per serving: Calories 199, Protein 19 g, Carbs 2g, Fat 9, Sodium 208*



## Who said this?

*"One man's poison ivy is another man's spinach."*  
- George Ade, American humorist

*"Honesty is the best policy and spinach is the best vegetable."* - Popeye, a famous sailor

*"Have a colorful plate. I make a spinach salad with things like blueberries, apples, and carrots."*  
- Kristin Bell, Actress

*"I was a really picky eater as a child. Because I was obsessed by Popeye, my mum would put my food in a can to represent spinach and we'd hum the Popeye tune and then I'd happily eat it."*  
- Paul O'Grady, English Comedian



country with the world's highest producer of spinach is China which grows around 26 millions tons of spinach per year, 92% of the world's production!

## Health Benefits

Spinach is a very nutritious food that is a good source of vitamin K, C, A, E, and B-6. Cooked spinach has lower levels of folate and vitamin C but has higher levels of Vitamin A and iron than raw spinach. Health benefits of adding spinach to your diet include helping eye health, helping to control blood sugar, decreasing cancer risk, boosting bone health, improving digestion and reducing blood pressure.

In just **1 cup** of raw spinach, these are some of the nutrients you get for just **7 calories**:

- 30 mg of calcium
- 24 mg of magnesium
- 167 mg of potassium
- 1g of protein
- An entire day's worth of vitamin A

Most of the carbs in spinach consist of fiber which is healthy and aids in digestion. Spinach is great to eat while you're watching your weight!

Source:

<https://www.healthline.com/nutrition/foods/spinach>

and

<https://www.medicalnewstoday.com/articles/270609#nutrition>

## Believe It or Not!

1. Spinach has more iron than hamburger meat!
2. In the medieval days, artists used to extract green pigment from spinach to use as ink or paint.
3. The first company to advertise frozen spinach was "Birds Eye" in Life magazine in 1949.
4. Even though they look nothing alike, spinach is a relative of beets!
5. Raw spinach is 91% water!
6. In 2016 around 47,500 acres of spinach were harvested in the United States.



## What is... Spinach?

Spinach is a cool-weather and hardy crop that is commonly used in salads, soups, pasta dishes, smoothies, omelets, and so much more! It is native to Persia and was introduced to China in the 7th century. It was brought to the United States around 1806. The crop comes in three different varieties: savoy (curly leaf), semi savoy, and flat-leaf.

Spinach belongs to the amaranth family and is related to beets. The crop can be planted in spring, fall, and even in winter in some areas. In the U.S., California is the top supplier of spinach, but the



*One favorite salad is a combination of fresh spinach leaves with sliced strawberries or blueberries and nuts such as walnuts, pecans or almonds topped off with a vinaigrette dressing.*



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