





Canned Spinach

Spinach is an excellent source of vitamins A and C, and a good source of calcium, iron and fiber. Eating a diet rich in dark green vegetables, like spinach, may help protect against certain cancers.

Nutrition Information

Spinach is part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium, and fiber.

Based on MyPyramid, ½ cup of canned spinach provides ½ cup of vegetables from the vegetable group.

A typical person should try to eat 2½ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened cans of spinach in a tightly covered plastic container and stored in the refrigerator.

Use within 2 to 4 days!

Do not use canned spinach if can is rusted, bulging, or dented! Throw it away!

Uses

- Drained and chopped spinach is excellent as a healthy filling for pasta and enchiladas.
- Add flavor to canned spinach by seasoning with garlic, pepper, lemon juice or cheese.



Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.





1 (13.5 ounces) can of spinach = 1 cup drained spinach

Herb Spinach Bake

10 servings

1 (15.5 oz.) can spinach $\frac{1}{4}$ c. onion, chopped

2 c. cooked rice 2 tsp. salt

2/3 c. low-fat milk 1 tsp. Worcestershire

1/4 c. margarine *or* butter, saucesoftened1 tsp. dried thyme

- 1. Preheat oven to 350°F. Grease a 9x13-inch baking pan and set aside.
- 2. Drain canned spinach, removing any excess liquid.
- 3. In a large bowl, combine spinach with remaining ingredients. Pour into prepared baking pan.
- 4. Cover and bake for 20 minutes.
- 5. Uncover and bake an additional 5 minutes or until set.

Nutrition Information per Serving: Calories 90, Total Fat 5 g (8% DV), Saturated Fat 1.5 g (6% DV), Cholesterol 0 mg (0% DV), Sodium 670 mg (28% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 1 g (5% DV), Sugars 1 g, Protein 2 g, Vitamin A 60%, Vitamin C 10%, Calcium 6%, Iron 6%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program Source: USDA http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm