

# SPINACH



## TRY THIS

- Add fresh spinach to sandwiches, soups, pastas, and pizzas.
- Add sautéed spinach to scrambled eggs, frittatas, omelets, and quiches.
- Sauté fresh spinach with sliced mushrooms, minced garlic, and a little salt and pepper for a flavorful side dish.
- Make a quick salad using spinach, berries, and sliced almonds. Drizzle with lemon juice or vinaigrette.

## BUYING AND STORING

- Select fresh spinach leaves that are dry, green, and crisp. Avoid leaves that are yellow, slimy, limp, or wilted.
- Store fresh spinach in a plastic bag or container lined with paper towel in the refrigerator for up to four to five days. Store prepackaged spinach in the container it came in until ready to use.
- Wash all fresh fruits and vegetables before using. Rinse unwashed spinach in cool water. Pat dry. If packaged spinach is labeled triple washed, additional washing is not required.

# TUSCAN SPINACH AND WHITE BEAN SOUP

Time: 30 minutes | Makes: 4 servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 227, Carbohydrate 34g, Dietary Fiber 8g, Protein 15g, Total Fat 6g, Saturated Fat 2g Cholesterol 4mg, Sodium 478mg

## INGREDIENTS

2 teaspoons vegetable oil  
1 small onion, diced  
2 medium carrots, peeled and diced  
1 celery stalk, diced  
1 clove garlic, minced, or 1 teaspoon garlic powder  
2 cups tomatoes, diced, or one 14.5-ounce can reduced or low sodium, or no salt added diced tomatoes

One 15.5-ounce can reduced or low sodium, or no salt added cannellini beans, drained and rinsed  
1 teaspoon fresh thyme or ½ teaspoon dried thyme  
¼ teaspoon kosher salt  
¼ teaspoon pepper  
4 cups low sodium vegetable or chicken broth  
1 bay leaf  
3 cups fresh spinach  
¼ cup Parmesan cheese

## INSTRUCTIONS

1. Preheat oil in stockpot on medium heat. Add onions and sauté 2–3 minutes until translucent.
2. Add carrots, celery, and garlic and sauté about 3 minutes to soften.
3. Add tomatoes, beans, thyme, salt, and pepper. Let cook for about 1 minute.
4. Add broth and bay leaf, bring heat up to medium high. As soup begins to boil, turn heat to low, cover, and let simmer for about 15 minutes.
5. If using large flat or curly leaf spinach, remove stems and leaves from spine and tear into bite sized pieces.
6. Add spinach and stir gently until just wilted.
7. Remove and discard bay leaf, add Parmesan, and serve.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- In Step 1, add a sprinkle of red pepper flakes or paprika.
- For a creamier soup, before Step 7 blend 2 cups of soup, 1 cup at a time, add back to soup and stir to combine.