

VEGETABLE OF THE WEEK

# SPINACH

Spinach is a member of the greens family. Spinach has small leaves with thick stems. It can be served raw in salads or lightly cooked. The best spinach results come from briefly blanching, steaming, or sautéing until it turns bright green.

**Substitutions:** turnip greens, beet greens, broccoli raab, mustard greens, dandelion, kale, collards, and Swiss chard.

**To store:** Keep dry, unwashed greens in a sealed plastic bag in the refrigerator up to 1 week.

**Handling:** Wash leaves in basin of lukewarm water to remove grit. Spin dry.

**To cook:** Add uncooked spinach to a mixed green salad. Blanch spinach until it wilts, 2-4 minutes, or steam for 5-8 minutes. Or sauté greens until tender in a covered pot or large sauté pan with olive oil, a pinch of salt, and garlic or onion. Watch for color to brighten as this signals they are done. Serve cooked spinach alone as a side dish or use it in soup or with pasta, beans, rice, or potatoes. Use cooked spinach in enchiladas, quesadillas, crepes, lasagna, and mac and cheese. For breakfast, sauté slivered greens and garlic in the frying pan before adding to eggs for scrambling. Use leftover cooked spinach in omelettes, quiches, or soups.

**To freeze:** Blanch washed greens for 1 minute. Rinse in cold water to stop the cooking process, drain, and pack into airtight containers.

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