

Spinach Tips and Recipe

Spinach Pasta Salad Adapted from allrecipes.com
Prep: 10 minutes **Cook:** 15 minutes **Yield:** 8 servings
Ingredients:

1 (12 oz.) box farfalle pasta (or other pasta of your liking)
 10 ounces spinach, rinsed and torn into bite sized pieces
 2 ounces crumbled feta cheese
 1 red onion
 1 (15 oz.) can black olives drained and chopped
 1/2 cup Italian style salad dressing
 4 cloves garlic, minced
 1 lemon, juiced
 1/2 tsp. ground pepper

Directions

1. In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. In a large bowl, combine the pasta, spinach, cheese red onion and olives.
3. Whisk together the salad dressing, garlic, lemon juice and pepper. Pour over salad and toss.
4. Refrigerate for two hours and serve chilled .

Nutrition Information: (per serving)

Calories: 266 Carbohydrates: 41.8g Cholesterol: 6 g Fiber: 4.8 grams Protein: 8.6 grams Sodium: 331 mg

Tip for Using, Storing and preparing Spinach

- ❖ Unlike lettuce, spinach can be frozen. If you properly store spinach, the nutrients will remain for several days.
- ❖ Pick out wilted leaves and discard.
- ❖ Do not wash spinach before refrigeration or freezing; excess moisture will cause the spinach to wilt prematurely.
- ❖ Wrap spinach loosely in a paper towel which will help to absorb excess moisture
- ❖ Place spinach in a large plastic bag. Do not pack it tightly; it should remain loose for ventilation and circulation.
- ❖ Prepare spinach for freezing by dipping spinach in boiling water for 30 seconds or until just wilted. Remove spinach and dip in a bowl of cool water.
- ❖ If spinach is already bagged, leave it in the packaging.

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
pasta	\$1.00	\$1.00
Fresh spinach	\$2.99	\$2.99
Feta cheese	\$4.99/ 6 oz.	\$1.66
Red onion	.89	.89
Black olives	\$1.79	\$1.79
Italian salad dressing	\$2.99	.75
garlic	.50	.10
Lemon juice	.89	.89
TOTAL	\$16.04	\$10.07
	Cost per Serving:	\$1.26