

Spinach is easy to find fresh or frozen and simple to add to everyday meals. It provides important nutrients, including fiber, iron, folate, vitamin A, and vitamin K. Its mild flavor works well in both hot and cold dishes. Here are five simple and tasty ways to add more spinach to your meals.

## Salads

**Add fresh spinach as a base for salads. Try it with:**

- Sliced strawberries, almonds, and a light vinaigrette
- Grilled chicken, cherry tomatoes, and cucumbers
- Chickpeas, red onion, and feta cheese

**Prep Tip:** Wash and dry spinach well. If the leaves are large, tear them into bite-sized pieces for easier eating.



## Egg Dishes

**Add spinach for color and flavor. Try it with:**

- Sautéed spinach and a fried egg on whole-grain toast
- Spinach mixed into scrambled eggs
- Spinach and mushrooms folded into an omelet

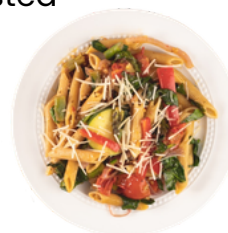
**Prep Tip:** Cook spinach in a pan over medium heat for 2 to 3 minutes until wilted. Squeeze out extra liquid before adding to eggs or toast.

## Mixed into Pasta & Grains

**Stir spinach into warm dishes. Try it with:**

- Whole wheat pasta, garlic, olive oil, and spinach
- Brown rice with spinach and black beans
- Quinoa with spinach, roasted vegetables, and lemon

**Prep Tip:** Add fresh spinach at the end of cooking. Stir until just wilted to keep texture and color.



## Smoothies

**Blend spinach into drinks. Try it with:**

- Banana, peanut butter, milk, and a handful of spinach
- Frozen mango, spinach, and yogurt
- Pineapple, spinach, and coconut water

**Prep Tip:** Start with a small handful and blend well. The mild flavor blends easily with fruit.



## Soups & Stews

**Add spinach near the end of cooking. Try it with:**

- Vegetable soup with white beans and spinach
- Chicken soup with carrots and spinach
- Lentil stew with tomatoes and chopped spinach

**Prep Tip:** Stir in chopped spinach during the last few minutes of cooking so it softens without overcooking.