


## Spinach

<b>Store</b>	In plastic bag in fridge.
<b>Prepare</b>	<ul style="list-style-type: none"> <li>Wash thoroughly in cold water and remove stems from below the leaf.</li> <li>Cook whole or tear into bite sized pieces.</li> <li>Spinach can be eaten raw in salads if young and tender.</li> </ul>
<b>Cook</b>	<ul style="list-style-type: none"> <li>Place in pot and cook covered with very little water for 2 minutes or until just wilted.</li> <li>Steam over boiling water for 2 minutes until just wilted.</li> <li>Microwave washed spinach in covered dish for 2-3 minutes.</li> </ul>
<b>Add Flavour</b>	<ul style="list-style-type: none"> <li>Add fried diced onion and bacon to cooked spinach.</li> <li>Stir in 2 tablespoons light sour cream and ½ teaspoon ground nutmeg to cooked spinach.</li> <li>Toss cooked spinach with crushed garlic, lemon juice and ground pepper just before serving.</li> </ul>
<b>Vege Up</b>	<ul style="list-style-type: none"> <li>Add uncooked spinach to stir fries, soups towards the end of cooking.</li> <li>Use cooked spinach as a filling for a quiche or frittata.</li> </ul>

## Recipe Ideas

<b>Spinach with Mint</b>	1 tablespoon oil	1 onion, diced
	¼ teaspoon ground nutmeg	1 bunch spinach washed and chopped
	1½ tablespoons lemon juice	¼ cup coarsely chopped mint
	<ul style="list-style-type: none"> <li>Heat oil in large frying pan and cook onion until soft but not brown.</li> <li>Add nutmeg and spinach, cook until just wilted.</li> <li>Stir through juice and mint and season with salt and pepper to taste.</li> </ul>	
<b>Salad with Spinach and Pears</b>	6 pears, quartered and cored	
	3 rashers lean bacon, diced	
	2-3 cups baby spinach or salad greens	
	2-3 tablespoons vinaigrette	
	<ul style="list-style-type: none"> <li>Cook bacon until crispy.</li> <li>Slice the pears thinly.</li> <li>Place spinach in a bowl, add the pears and sprinkle with the bacon.</li> <li>Drizzle with vinaigrette and serve.</li> </ul>	