

Spinach-Rice Casserole



- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 1/2 tablespoon butter or margarine
- 1 pound fresh, chopped spinach *or* other greens
- 2 eggs, beaten
- 2 cups cooked brown or white rice
- 1/2 cup low-fat milk
- 3/4 cup cheese, shredded
- 1 tablespoon light soy sauce

Sauté onions and garlic in butter or margarine over medium heat. When onions are soft, add spinach or greens. Cook 2 minutes. Combine all ingredients and mix well. Spread into a well greased casserole dish and cover. Bake at 350 degrees for 35 minutes.

Makes 2-3 servings



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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Fresh-from-the-Farm:

Greens

Kale, Swiss Chard, Mustard, Collards, Spinach, Turnip, Beet



Washington WIC & Senior Farmers Market Nutrition Program

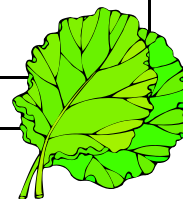
Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

Selection & Preparation

- ◆ Choose crisp leaves with a nice green color. Smaller leaves will have a milder flavor and be more tender.
- ◆ Avoid yellowed, browned or wilted leaves.
- ◆ Refrigerate unwashed greens in a plastic bag with a damp paper towel. Best when used within one week.
- ◆ 1 pound of fresh greens will cook down to 1 cup, about 2 servings.
- ◆ Wash greens well in cold water before using.
- ◆ Remove tough stems before cooking. Swiss chard stems can be eaten. Cook them as you would celery.
- ◆ Greens can be easily steamed in a saucepan for 5-10 minutes using a small amount of water at the bottom of the pan.



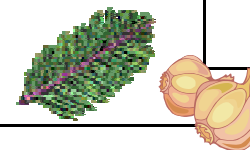
- ◆ Stronger flavored greens like collards, turnip, beet or mustard greens, can be blanched to mellow their flavor. To blanch, drop in a pot of boiling water and cook just until wilted. Drain and cool under running water. Continue with cooking process.
- ◆ Spinach and young greens can be eaten raw. Add to tossed salads for extra nutrition and flavor.



Key Nutrients

- ❖ **Vitamins A, C, K and Folate** - *Vitamin A* for resistance to infection, good vision and healthy skin. *Vitamin C* to support healthy gums, skin and blood. *Vitamin K* to maintain normal blood clotting function and *folate* for a healthy heart and blood.
- ❖ **Calcium and Iron** - *Calcium* for strong bones and teeth. *Iron* to maintain healthy blood.
- ❖ **Lutein** - A phytonutrient that helps to keep your eyes healthy.

Garlicky Greens



- 2 teaspoons oil
- 2 cups dark leafy greens (any type)
- 1 clove fresh garlic, minced
- 2 tablespoons water
- Salt and pepper to taste

Wash greens well and remove tough stems. In a skillet, heat oil on medium heat. Add greens and garlic. Stir and cook for 1 minute. Add water, cover and cook over medium heat for 5-8 minutes, stirring frequently.

Microwave: Combine all ingredients in a microwavable dish. Cover and cook for 3-5 minutes.

