



Recipe of the Month

SPINACH SLAW

Spinach

Spinach has been a versatile and commonly used vegetable in the United States since the early 19th century. Eating and preparing spinach is simple and easy, since it tastes good raw or cooked. Spinach can be found fresh, frozen, or canned; it can be easily incorporated into many dishes. Its versatility makes it easy to serve raw in salads, sandwiches, or slaw.

Not only is spinach low in calories, it is also a good source of essential nutrients such as vitamins A and C. Other nutritional benefits include being fat free, cholesterol free, low in sodium, high in potassium, and a good source of iron, fiber, and vegetable protein.

When making your selection, select leaves that are green and crisp, with a nice fresh fragrance for the best quality. Avoid leaves that are limp, damaged, or spotted. After purchasing your spinach make sure to wash, dry and pack loosely in a cellophane or plastic bag and store in the refrigerator crisper. If stored properly, it should last 3 or 4 days.

Fresh spinach is available all year! There are three basic types of spinach

- Flat or smooth leaf has unwrinkled, spade-shaped leaves and is usually used for canned and frozen spinach
- Savory has crinkly, dark green curly leaves and is usually sold fresh
- Semi-Savory had slightly curly leaves and is usually sold fresh

Health benefits of eating spinach and other green vegetables like cabbage and lettuce (plus broccoli, asparagus, green beans, cucumbers, peas, and other leafy greens) help build a strong immune system, strong bones and teeth, good vision and promotes heart health. They also lower the risk of developing some cancers, cataracts, rheumatoid arthritis, and other chronic diseases.

Cabbage

Cabbage is one of the oldest vegetables and continues to be a dietary staple and an inexpensive food. Cabbage is an excellent source of Vitamin C.

Cabbage heads are solid, glossy and light green in color. The stem end should look healthy, trimmed and not dry or split. Do not buy precut cabbage; the leaves may have already lost their vitamin C. Keep cabbage cold after purchasing. This helps it retain its vitamin C content. Try to use the remaining cabbage, after being cut, in the next day or two.

In the United States, there are three main types of cabbage grown: green, red, and savory varieties. Green cabbage has smooth outer leaves that range from pale to dark green. Red cabbage has deep red and purple outer leaves. Savory cabbage has crinkled light green-yellow outer leaves.

Cabbage's health benefits include: lowering your risk for certain cancers, good vision, strong immune system and strong bones and teeth.

Presentation Plan

Grocery list:

- 1 medium sized red cabbage
- green cabbage
- fresh spinach leaves for recipe and display
- head of iceberg lettuce
- canola mayonnaise
- local honey
- hummus – original flavor
- garlic powder
- salt
- pepper

Equipment needs:

- three cutting boards
- three chopping knives
- measuring cups and spoons
- salad spinner or paper towels
- small bowl for dressing mixing
- large clear mixing bowl
- spatula
- whisk

Display preparation:

- Use a blue tablecloth, yellow placemats, and "Plate It Up, KY Proud" recipe card holders
- Position extra ingredients and any empty containers (after being washed) in a pretty manner or basket
- Arrange recipe ingredients in clear display bowls
- Have bowls and utensils available for sampling

Demonstration steps:

1. Discuss the focus commodities and talking points.
2. Prepare the recipe, discussing the functions and benefits of the ingredients.
3. Mention other menu ideas that would make this a complete meal.

Demonstration talking points:

- Hummus can be made at home or store bought. If you are looking for it in a store, try near the deli section or with the specialty cheeses.
- Make sure to have other recipes or ideas of how the consumer can use the left over cabbage and lettuce. According to the CDC (Center for Disease Control) try to use the remaining cabbage within the next day or two.

- You can mention that the following are good seasoning for vegetables in general: basil, cayenne, chervil, dill, marjoram, mint, fresh mushrooms, nutmeg, oregano, parsley, freshly ground pepper, poppy seeds, rosemary, sage, sesame seeds, tarragon, thyme, turmeric, and watercress.
- Explain the difference in regular, light, and canola mayonnaise. Canola is a more heart friendly oil and is better for your overall health. Canola oil is cholesterol-free, a rich source of vitamin E, high in monounsaturated fatty acids (reduces blood cholesterol levels) and has moderate levels of essential polyunsaturated fatty acids.
- Make sure to draw attention to purchasing local honey. Find the closest producer for local honey as eating local honey instead of store bought has shown signs to help with allergies.
- Green vegetables like cabbage, lettuce and spinach (plus broccoli, asparagus, green beans, cucumbers, peas, and other leafy greens) help build a strong immune system, strong bones and teeth, good vision and promotes heart health. They also lower the risk of developing some cancers, cataracts, rheumatoid arthritis, and other chronic diseases.
- “Superfoods” are foods that go beyond calories, vitamins or proteins, to help protect us from the risk of many chronic diseases. Spinach is a “superfood”! Dark green spinach has a high lutein content which is an antioxidant. This antioxidant protects against eye diseases, such as age-related macular degeneration and cataracts.
- Discuss the proper way to wash spinach. Since spinach is grown mainly in sandy areas, it should be washed at least twice. Make sure to tear off the stems and wash the leaves under running water and place in a bowl of water. The sand will sink to the bottom. Rewash the spinach again to make sure there is no dirt, sand or other particles left.

Spinach Slaw

2 cups chopped iceberg lettuce	¼ cup hummus, original flavor
2 cups chopped red cabbage	2 tablespoon local honey
2 cups chopped green cabbage	½ teaspoon garlic powder
1½ cups fresh spinach	⅛ teaspoon salt
¼ cup canola mayonnaise	⅛ teaspoon pepper

Directions:

1. **Wash, quarter, and core** lettuce, red cabbage and green cabbage.
2. **Thinly slice** lettuce and cabbage quarters; chop slices into small pieces.
3. **Wash and tear** spinach leaves into small pieces.
4. **Whisk** together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis: 70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

Source: www.fruitsandveggiesmatter.gov/month/spinach.html

www.fruitsandveggiesmatter.gov/month/cabbage.html

FCS3-106 - Vegetable Preparation for the Family by Sandra Bastin.

What are Superfoods? By John Strang and Sandra Bastin

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Plate It Up! Kentucky Proud Project

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