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# KIDS' KITCHEN



## Spinach

### How to Prepare Spinach:

- 1-Tear off the stem
- 2-Separate the leaves and place in a large bowl of water
- 3-Wash leaves allowing the sand to float to the bottom of the bowl
- 4-Remove leaves, repeat process with fresh water as needed
- 5-Completely dry the leaves using a salad spinner or by patting dry with a paper towel

### Fun Ways to Eat:

- Add raw spinach to salads
- Use raw spinach, instead of lettuce, on sandwiches or wraps
- Try cooked spinach as a pizza topping
- Make a spinach dip for raw veggies
- Try a spinach omelet or add to scrambled eggs
- Stir-fry spinach with garlic, onion and chopped red bell peppers
- Add chopped spinach to lasagna, soups or tomato sauce
- Stir yogurt into chopped or pureed cooked spinach and create creamed spinach
- Toss cooked spinach with pasta or rice

### Fun Kids' Recipes:

*(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)*

All the following recipes are attached and include spinach as an ingredient:

- Strawberry Spinach Salad
- Spinach Lasagna



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# KIDS' KITCHEN

## Strawberry Spinach Salad

**Makes 6 servings**

*From:* 5 A Day Kids' Cookbook/Dole

### Ingredients:

- 1 (6 ounce) package Baby Spinach
- 1 pint Strawberries, washed, stemmed and sliced
- 1 medium Red Delicious Apple, cored and sliced
- ½ cup shredded Part-Skim Mozzarella Cheese
- ½ cup bottled Low Fat Raspberry Vinaigrette Dressing

### Directions:

- 1- Combine spinach, sliced strawberries, apples, and cheese in salad bowl.
- 2- Toss with dressing and serve immediately.

### Utensils Needed:

- ✓Cutting Board
- ✓Sharp Knife
- ✓Measuring Cups & Spoons
- ✓Large Salad Bowl
- ✓Salad Tongs

**Nutritional Info:** (per serving) 80 Calories; 3g Protein; 2g Fat (1g Saturated Fat); 14g Carbohydrate; 365mg Sodium; 6mg Cholesterol; 228mg Potassium; 4g Fiber; 1560IU Vitamin A; 36mg Vitamin C; 103mg Calcium; 2mg Iron

## Ensalada de fresa y espinaca

**Hace 6 porciones**

*De:* 5 A Day Kids' Cookbook/Dole

### Ingredientes:

- 1 paquete (de 6 oz) de espinaca de bebé
- 1 pinta de fresas, lavadas, provenientes y rebanadas
- 1 manzana Red Delicious, sin corazón y rebanada
- ½ taza de queso mozzarella bajo en grasa, rallado
- ½ taza de vinagrete de frambuesa para ensalada en botella bajo en grasa

### Direcciones:

- 1- Combine espinaca, rebanadas de fresas, manzanas, y queso en un tazón de ensalada.
- 2- Mezcle con vinagrete y sirva inmediatamente.

### Los utensilios necesario:

- Tabla de cortar
- Cuchillo afilado
- Tazas y cucharas para medir
- Tazón de ensalada grande
- Pinzas para ensalada

**Información nutricional:** por porción - 80 calorías; proteína 3g; grasa 2g (grasa saturada 1g); carbohidrato 14g; sodio 365mg; colesterol 6mg; potasio 228mg; fibra 4g; vitamina A 1560IU; vitamina C 36mg; calcio 103mg; hierro 2mg

## 5 A DAY AND SPINACH

### KIDS ACTIVITY SHEET

Try this fun & easy recipe

## SPINACH LASAGNA

- 2 cups low-fat ricotta cheese
- 1/4 cup fresh parsley, chopped
- Non-stick cooking spray
- 2 1/2 cups low-sodium spaghetti sauce
- 1 pound no-cook lasagna noodles
- 1 10 oz. package frozen spinach, thawed and chopped
- 1/2 pound reduced-fat mozzarella cheese, grated
- 1/2 cup Parmesan cheese, grated

the spinach over the ricotta; sprinkle with mozzarella. (If desired, you may add other vegetables to the spinach mixture.) Repeat layers of noodles, 1/3 sauce, and remaining ricotta, spinach and mozzarella cheese finishing with a layer of noodles, the remaining sauce, and a sprinkle of Parmesan. Bake at 375° for 30 minutes or until hot and bubbling. Makes 8 servings. This is an official 5 A Day recipe.



Mix ricotta cheese and parsley. Coat a 13" x 9" x 2" baking pan with non-stick cooking spray; coat bottom of pan with a bit of the spaghetti sauce. Place a layer of the noodles over the bottom of the pan. Cover noodles with about 1/3 of spaghetti sauce. Spread half of the ricotta mixture over the sauce. Spread half of

# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**  
1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice = 1/4 cup of dried fruit  
1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## SCHOOL/FAMILY SALAD BAR PROJECT

Talk to your teacher or cafeteria director and organize a classroom or school-wide salad bar. (This could also be accomplished with a church group, club or as a family activity.) Ask classmates to bring in their favorite salad topping. If the entire school takes part, each class could bring in one salad item. Start with salad greens: different types of lettuce (Iceberg, Boston, Romaine, etc.). Try other greens such as: spinach, endive, escarole, or cabbage. Ask each student or class to contribute salad toppings of their choice. (Family members could suggest salad items to be added to the family salad. Family salad night could replace Friday pizza night.) Another option: pass out slips of paper with a letter on it and ask person to bring a salad item that starts with that letter.

Some salad topping suggestions: tomatoes, celery, cucumbers, mushrooms, broccoli, cauliflower, red and/or green peppers; beans, carrots, peas, sprouts, radishes, onion, tuna, chicken, ham, cheese, hard-cooked eggs, olives, sun-flower seeds, croutons, or other items of your choice. Allow everyone to pick and choose their favorites to make their own personal salad. Serve with a choice of low-fat salad dressings.

To save leftover salad fixings, store in plastic bags and put them in the refrigerator.

Eat 5 or more servings of fruits and vegetables  
a day for better health



Produce for Better Health<sup>®</sup>  
Foundation

302 235 ADAY

FOR MORE FUN FOR KIDS,  
GO TO [WWW.5ADAY.COM](http://WWW.5ADAY.COM)



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Home Recipes

Your child/children will be offered

## Spinach

in April for their Fresh Fruit & Vegetable Snack!

Try a new **Spinach** recipe at home!

### **Yummy Spinach Dip**

**Yield:** Approx. 2 cups

**Recipe From:** Dole Food Company, Inc.

#### **Ingredients:**

- 1 each 10 oz. Package Frozen Chopped Spinach, Thawed
- ¼ cup Mild White Onion, Finely Chopped
- 2 Cloves Garlic, Finely Chopped
- 1 cup Raw Red Pepper, Finely Chopped
- ½ cup Low-Fat Sour Cream
- ½ cup Low-Fat Mayonnaise
- Optional: Salt & Pepper for Additional Seasoning
- Assorted Colorful Raw Vegetables for Dipping

#### **Directions:**

- Squeeze the water out of the spinach, and place the spinach in a mixing bowl.
- Stir in the onion, garlic, red pepper, sour cream, and mayonnaise.
- Season with salt and pepper.
- Let the dip sit at room temperature for 1 hour for the flavors to mix.
- Stir again before serving. This dip keeps well, refrigerated, for 1 week.



## Recetas de Casa



¡Su(s) niño/niños serán ofrecidos

### Espinaca

en Abril para el **Programa de Frutas y Vegetales Frescos** en la escuela!

¡Trate una nueva receta de **Espinaca** en casa!

### **Deliciosa Salsa de Espinaca**

**Producción: Aprox. 2 tazas**

*Receta de:* Dole Food Company, Inc.

#### **Ingredientes:**

- 1 paquete de 10 oz. de espinaca cortada congelada; descongelada
- ¼ de taza de cebolla blanca, picada finamente
- 2 dientes de ajo, picados finamente
- 1 taza de pimenton rojo crudo, cortado finamente
- ½ taza de crema agria de pocas calorías
- ½ taza de mayonesa de pocas calorías
- Opcional: sal y pimienta para condimento adicional
- Variedad de vegetales crudos

#### **Direcciones:**

- Apriete la espinaca para sacar el exceso de agua y coloque la espinaca en un tazón de mezclar.
- Añada a la cebolla, ajo, pimenton rojo, crema agria, y mayonesa.
- Sazonar con la sal y pimienta.
- Dejar reposar la salsa a la temperatura de cuarto durante 1 hora para que los sabores se mezclan.
- Revuelva otra vez antes de servir. Esta mezcla se mantendrá bien, refrigerada durante 1 semana.



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## SPINACH PIZZA

**Makes 6 servings**

*Printed from: "Super Star Foods"/Stop & Shop*

### Ingredients:

- 2 tablespoons olive oil
- 2 cloves of garlic, minced
- 1 teaspoon of Italian seasoning
- 1 tube (13.8 ounces)  
refrigerated pizza crust
- 3 plum tomatoes
- ½ of 10 ounce bag of baby spinach
- 4 ounces part-skim mozzarella cheese  
(8 ounces pre-shredded)

### Directions:

- ✓ Preheat oven to 400°F.
- ✓ Combine olive oil, garlic and Italian seasonings in a small mixing bowl.
- ✓ Brush pizza crust with oil mixture.
- ✓ Cut tomatoes into thin slices.
- ✓ Wash spinach, remove stems and pat dry.
- ✓ Cut mozzarella into thin slices or shred.
- ✓ Layer pizza crust with spinach then tomatoes and top with mozzarella cheese.
- ✓ Bake for 10-20 minutes or according to directions on pizza crust package.



Recetas de Casa



## PIZZA DE LA ESPINACA

**Hace 6 porciones**

*De: "Super Star Foods"/Stop & Shop*

### Ingredientes:

- 2 cucharadas de aceite de oliva
- 2 dientes de ajo, picaditos
- 1 cucharadita de condimento italiano
- 1 tubo (13.8 onzas) de corteza de pizza refrigerado
- 3 tomates plum
- Mitad de una bolsa de 10 onzas de espinaca de bebé
- 4 onzas de queso mozarella parte-desnatada (8 onzas pre-rallado)

### Direcciones:

- ✓ Precaliente el horno a 400°F.
- ✓ Combine el aceite de oliva, el ajo y el condimento Italiano en un tazón de mezclar pequeño.
- ✓ Cepille la corteza de la pizza con la mezcla del aceite.
- ✓ Corte los tomates en rebanadas finas.
- ✓ Lave la espinaca, quite los tallos y sece con papel toalla.
- ✓ Corte la mozarella en rebanadas finas o ralle la mozarella.
- ✓ Acomode la corteza de la pizza con los tomates y tape con espinaca y despues con el queso mozarella.
- ✓ Hornea por 10-20 minutos o según direcciones en el paquete de la corteza de la pizza.