



# SPINACH



Spinach is a plant of the "Amaranthaceae" family, characterized by its large and very dark green leaves. Spinach can be grown at any time of the year.

## NUTRITIONAL INFORMATION

- Spinach is high in fiber, which improves digestion.
- Spinach is rich in iron. This mineral is important since it helps oxygenate the blood and body.
- Spinach is high in vitamins such as vitamin A, which improves vision and skin care.

## HOW TO STORE

- Wash the leaves with safe water and dry thoroughly.
- Once the leaves are dry, place in an airtight container and store in the refrigerator. Use within 4-5 days.
- To freeze it, once cooked, cool it quickly with cold water. Then dry well so that no water remains. Finally, place in an airtight bag or in a tray covered with plastic wrap and store in the freezer. May last up to 8 months.

## HOW TO PREPARE

- Add the spinach with the water already boiling, so that they do not lose color and cooking is faster. Keep the pot uncovered for the first 5 to 7 minutes so that the steam carries away the volatile substances.
- Complete cooking with the pot covered to prevent the spinach from disintegrating and losing their nutrients, texture and color.

## FUN FACTS

- It is advisable to consume cooked spinach because its nutrients are better used.
- The iron in spinach is better absorbed if citrus fruits, rich in vitamin C, are consumed.



Scan this code to view on the web.