

Health Tip of the Month

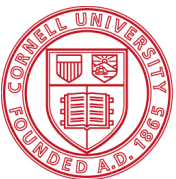
Bring Home Spectacular Spinach

Enjoy fresh spinach throughout Spring! Here's how you can prolong the life of spinach. Choose bright greens leaves, avoid yellowish and bruised leaves. Store in the refrigerator and wash as needed. Rinse each leaf under cold running tap water until all the sand is removed. Avoid soaking in water when washing!

Oh the things you can do with spinach!



- Add to soups
- Eat raw with dressing and sliced strawberries
- Lightly sauté with olive oil and garlic
- Put in marinara sauce
- Add to an omelet
- Make a spinach pesto with nuts, olive oil, and lemon juice



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Worksite Wellness Initiative: brought to you by Michelle Valentini, Dietetic Intern
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