

## 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*

## Healthy Food Healthy Communities

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### Contact information:

- ❁ **WIC and Nutrition Enhancement Program: 1-866-867-3124**
- ❁ **New Mexico Connections: 1-800-283-4465**
- ❁ **New Mexico Farmers' Markets: 1-888-983-4400**

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*Fresh from the Farm:*

## Greens

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



- ❁ Nutrition Enhancement Program
- ❁ WIC
- ❁ New Mexico Connections

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

*Taste the Difference!*

## 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.