



Spinach

Spinach is a leafy green vegetable packed with essential nutrients, including iron, vitamins A, C, and K, and folate. It supports healthy blood, skin, eyes, and bones while providing antioxidants that combat inflammation.

Additionally, its fiber promotes digestive health. Whether eaten raw or cooked, spinach is a versatile ingredient in salads, smoothies, and side dishes, offering a nutrient-dense boost to any meal. Native to Persia, spinach is now cultivated worldwide and is highly prized for its impressive nutrient profile.

Spinach & Feta Frittata

INGREDIENTS

- 8 large eggs
- 1 cup fresh spinach, chopped (or 2 cups for a greener frittata)
- ½ cup feta cheese, crumbled
- ½ cup milk (whole, low-fat, or a plant-based alternative)
- 1 small onion, finely chopped
- 1-2 cloves garlic, minced
- 2 tablespoons olive oil or butter
- Salt and pepper to taste
- Optional: diced tomatoes or bell peppers
- Optional: fresh herbs like parsley or dill for garnish

DIRECTIONS

1. Preheat your oven to 350°F (175°C).
2. In an oven-safe skillet, heat olive oil or butter over medium heat. Sauté onion for 3-4 minutes until translucent, then add garlic and optional tomatoes or bell peppers for another 2-3 minutes. Stir in spinach and cook until wilted.
3. In a bowl, whisk together eggs, milk, salt, pepper, and feta cheese.
4. Pour the egg mixture over the vegetables in the skillet. Let it cook on the stovetop for 2-3 minutes until edges start to set.
5. Transfer the skillet to the oven and bake for 15-20 minutes, or until puffed and set in the middle.
6. Let cool for a few minutes before slicing. Garnish with fresh herbs if desired.

STORAGE & SELECTION

Look for vibrant green leaves without wilting or yellowing. Avoid any with slimy or damaged spots. Store spinach in a plastic bag or airtight container in the refrigerator. It will last 5-7 days but is best consumed fresh.