



## BENEFITS

### Did you know...?

When Catherine de Medici left Florence in 1533 to wed the King of France, she brought her cooks with her so they could prepare different recipes using her favourite vegetable, spinach. That's where the culinary term "à la Florentine" comes from!

### To reap all the benefits!

When you eat spinach, you get a multitude of nutritional elements! Spinach is one of the vegetables with the most pesticide residues, so choose organic if you can or make sure you wash it thoroughly.

## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## ASIAN SPINACH SALAD

Portions: 3 to 4  15 min

### Ingredients

- 750 ml (3 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 250 ml (1 cup) mushrooms, sliced
- 30 ml (2 tbsp) raisins
- 30 ml (2 tbsp) cashews (optional)
- 2 shallots, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) soy sauce
- 5 ml (1 tsp) lemon juice
- Pepper to taste

### Directions

1. Whisk together the oil, soy sauce and lemon juice in a small bowl.
2. Combine the remaining ingredients in a salad bowl. Pour in the vinaigrette and toss to combine.

Source: Julie Strecko, RD



### BONUS - TURKISH SPINACH!

To make Turkish spinach, steam the leaves and drain them well. In a pan, sauté chopped onions in olive oil, add the spinach and cook for about 10 minutes. Add chopped garlic and yogurt and serve!



## LENTIL AND SPINACH DHAL

Portions: 4  5 min  20 min

### Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, finely chopped
- 2 gloves garlic, chopped
- 10 ml (2 tsp) fresh ginger, grated
- 10 ml (2 tsp) curry powder
- 5 ml (1 tsp) turmeric
- 250 ml (1 cup) red lentils
- 625 ml (2 1/2 cups) water
- 250 ml (1 cup) coconut milk
- 1 L (4 cups) baby spinach

### Directions

1. Sauté the onion, garlic and ginger in the oil for about 5 min.
2. Add the spices and lentils and sauté for about 1 min.
3. Add the water and coconut milk. Cook 20 min, stirring occasionally, until the lentils are cooked.
4. Coarsely chop the spinach and add it to the lentil mixture. Continue cooking for another 3 to 5 min. Add a little water if necessary for the desired consistency.

### Note

Serve with rice and/or toasted pita triangles.

Source: Julie Strecko, RD

