Spinach

Ingredients:
- 2 ripe green pears, washed
- 4 heaping cups baby spinach
- ½ medium red onion
- ½ cup walnuts
- ½ cup crumbled goat cheese
- ~½ cup dressing of your choice

Directions:
1. Slice pears into bite-size pieces
2. Thinly slice red onions
3. Put pears, onions, spinach, walnuts, cheese, and dressing into a large bowl.

Recipe by Emily Fitch and Megan DeVries, 2015.

Did You Know?

This month on the school menu you can enjoy SPINACH in various side salads, and every day on the salad bar!

- Spinach and strawberry salad

For more information, see:
- http://leafy-greens.org/

Books

Grades K-2
Sylvia’s Spinach by Katherine Pryor

Grades 2-5
The Gingerbread Museum of Candy, Omelets, Spinach, Ice, and Biscuits by Hermione Ma
Activity: Spinach

Can you spot the spinach? Circle the pictures of spinach below!

Hint: There are four pictures of spinach. Good luck!

Created by: The EPS Food & Nutrition Department