



# Noodles Florentine

<b>8 ounces</b> whole wheat egg noodles	<b>¼ teaspoon</b> pepper	<b>1½ cups</b> diced, low sodium cooked ham
<b>3 tablespoons</b> butter	<b>2 cups</b> fat-free milk	<b>10 ounces</b> fresh spinach, cooked and drained
<b>4 tablespoons</b> whole wheat flour	<b>2 cups</b> low-fat cheddar cheese	<b>¼ cup</b> bread crumbs

**Preheat** oven to 350 degrees F. **Cook** noodles according to package directions; **drain**. In a small saucepan, **melt** butter over medium heat. **Add** flour and pepper; **blend** to a smooth paste. Gradually **add** milk, stirring constantly and **cook** until thickened. **Add** cheese, **stirring** constantly, until melted. **Place** half of the noodles in a greased 2 quart, shallow baking dish. Over the noodles, **sprinkle** a layer of ham and spinach.

**Drizzle** half of the cheese sauce over the mixture. **Repeat** with second layer of noodles, ham, spinach and remaining cheese sauce. **Sprinkle** with bread crumbs. **Bake** for 25 minutes.

**Yield:** 8, 1½ cup servings

**Nutritional Analysis:** 310 calories, 11 g fat, 5 g saturated fat, 45 mg cholesterol, 680 mg sodium, 29 g carbohydrate, 3 g fiber, 4 g sugar, 23 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

# Kentucky Spinach

**SEASON:** May to June and September to November.

**NUTRITION FACTS:** One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

**SELECTION:** Look for bright green leaves that are fresh, young, moist and tender. Avoid coarse stems and injured, torn, dried, limp or yellowed leaves.

**STORAGE:** Store in the coldest part of the refrigerator for no more than two to three days.

**PREPARATION:** Wash in lukewarm water in a large bowl. Remove any roots, rough ribs and the center stalk, if it is large or fibrous.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PRESERVING:** Wash leaves and remove large stems. Blanch 2 minutes, cool, drain and pack in canning or freezer jars or plastic freezer boxes, leaving ½-inch headspace. Seal, label and store up to one year in the freezer.

## KENTUCKY SPINACH

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students

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