



Spinach Slaw

2 cups chopped iceberg lettuce	¼ cup hummus, original flavor
2 cups chopped red cabbage	2 tablespoon local honey
2 cups chopped green cabbage	½ teaspoon garlic powder
1½ cups fresh spinach	⅛ teaspoon salt
¼ cup canola mayonnaise	⅛ teaspoon pepper

1. Wash, quarter, and core lettuce, red cabbage and green cabbage.

2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.

3. Wash and tear spinach leaves into small pieces.

4. Whisk together mayonnaise, hummus, honey, garlic powder, salt and pepper until ingredients are mixed well. **Toss** dressing with vegetables until coated thoroughly. **Refrigerate** for 30 minutes before serving.

Yield: 8, 1 cup servings.

Nutritional Analysis:
70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Spinach

SEASON: May-June and September-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, injured, torn, dried, limp or yellowed leaves.

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

Source: www.fruitsandveggiesmatter.gov



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

TO FREEZE: Wash leaves and remove large stems. Blanch for 2 minutes, cool, drain and package, leaving ½-inch headspace. Seal, label, and store up to one year in the freezer.

KENTUCKY SPINACH

Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Nutrition and Food Science students

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