

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## SPINACH

Wash. Eat. How easy is that?



Whether eaten raw or cooked, spinach is a rich source of nutrients. Spinach comes in two basic types: savoy (curly leaf) and flat (smooth leaf). Don't wash spinach before storing. Leave packaged spinach in its cellophane bag or wrap loose spinach in paper towels then place in plastic bag and store in the refrigerator. Fresh spinach will keep 3-4 days.

### COLORFUL QUESADILLAS (Makes 32 appetizers)

8 ounces fat-free cream cheese

¼ teaspoon garlic powder

8 small flour tortillas

2 cups fresh spinach leaves **OR** 9 ounces frozen chopped spinach, thawed and squeezed dry

1 cup chopped sweet red pepper

1 cup feta cheese crumbled or use ricotta

Combine cream cheese and garlic powder. Spread 2 Tablespoons cheese mixture on each tortilla. Sprinkle 2 Tablespoons red pepper and cheese on one half of each tortilla. Add spinach: ¼ cup if using fresh leaves **OR** 2 Tablespoons if using frozen. Fold tortillas in half. Heat a large skillet over medium heat. Put 2 folded tortillas in skillet. Heat for 1-2 minutes on each side or until golden. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder. Cut each quesadilla into 4 wedges. Serve warm.

Adapted from Pillsbury Holiday Appetizers and Desserts, Dec. 2000

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).