

Spinach --Our Hero Vegetable

The reason Popeye is so strong is no doubt because of his daily can of spinach! Spinach is one of those powerhouse vegetables chocked full of important nutrients. It is a great source of vitamin A and iron. It also contains the phytochemical leutine that can help prevent macular degeneration or keep the dreaded eye condition from progressing any further if it is found in the early stages. Either raw or cooked, spinach is very high in fiber. A spinach salad may contain up to 20grams of fiber, and is an easy way to reach your daily 35grams of fiber goal. At 25 calories per ½ cup serving, it is a weight watcher's dream. If you don't like the texture of spinach, try it prepared in a new way. So go ahead and give it a try.

Spinach and Turkey Skillet

6 ounces turkey breast
1/8 t. salt
2 t. olive oil
¼ c chopped onion
2 cloves garlic, minced
1/3 c uncooked rice
¾ t. dried Italian seasoning
¼ t. black pepper
1 c. fat-free, low sodium chicken broth
2 c. torn fresh spinach leaves
2/3 c. diced tomatoes
3 T. Parmesan cheese

1. Cut turkey into bite-size pieces. Sprinkle with salt.
2. Heat oil in medium skillet over medium-high heat. Add turkey pieces; cook and stir until lightly browned. Reduce heat to low. Add onion and garlic; cook and stir until tender. Stir in rice, Italian seasoning and pepper.
3. Reserve 2 T. chicken broth. Stir remaining broth into mixture in skillet. Bring to a boil. Reduce heat; simmer covered 15 minutes. Stir in spinach and reserved chicken broth. Cover; cook 2-3 minutes or until liquid is absorbed and spinach is wilted. Stir in tomatoes; heat through. Serve with Parmesan cheese.

Makes 2 servings

Nutrients per serving

Cal	316	Cal from fat	26
Total Fat	9 g		
Sat Fat	3 g		
Carb	33 g		
Pro	25 g		
Chol	39 mg		
Sodium	309 mg		
Fiber	3 g		