

# PUT A SPIN ON SPINACH AND SQUASH!



Canada's food guide recommends filling half your plate with a variety of vegetables and fruits. Include spinach and squash in your diet today!



Check out this helpful video on [how to prepare spinach](#).

## SPINACH

From salads to pasta to frittatas; get the most out of local fresh spinach!



### Did you know?

- You can buy fresh, local spinach at Ottawa markets from May to October.
- Spinach is packed with nutrients: high in vitamin A and C, folate and iron. It is also high in fibre and naturally low in fat and sodium.

### How do you use it?

- Buy dark green spinach with firm leaves and stems.
- Store in the refrigerator, in an open plastic bag.
- Plan to use spinach in your meals within 2 to 3 days.
- Wash and drain before using. Remove the stems from adult spinach.

### Enjoy spinach raw or cooked:

- **Raw:** Use it in salads, sandwiches, omelettes and smoothies.
- **Steamed:** Add spinach to a steamer and cook for 1-2 minutes. Use as a side dish or add to pasta dishes.
- **Sautéed:** Cook gently over low heat to avoid overcooking. Serve with garlic, lemon juice and a drizzle of olive oil.
- **Puréed:** Purée spinach and freeze into an ice cube tray. It can later be used in soups and smoothies. Thawed and well drained, use as a topping on pizza, in pasta, in quiche, etc.

Spinach originated in Persia (now Iran) where it was called "aspanakh"



# WINTER SQUASH

From soups to stews to dips; get the most out of local fresh squash!

## Did you know?

- Squash comes in many shapes and colours. Although called a “winter” squash, these hardy vegetables are harvested in the fall and can keep throughout the winter months.
- Keep squash in a cool, dry and dark location. They can be stored for several months.
- Ontario winter squash are available at markets starting in August.
- Squash has a mild-to-sweet flavour which won't overwhelm other ingredients.
- Winter squash is rich in vitamin A and potassium and a source of folate, vitamin C and fibre.

## How do you use it?

- Select squash that have a dull-colour skin, firm shell and are heavy for their size.
- If buying pre-cut squash, look for darker flesh. It is a sign of ripeness.
- **Microwaved:** If you are cooking it whole, poke several holes in the skin and cook on high for 8 to 12 minutes. **Tip:** squash will cut and peel easier if first microwaved for about 3-5 minutes.
- **Roasted:** Cut the squash in half or in wedges. Add a touch of butter, cinnamon and applesauce while cooking.
- **Grilled:** Cut into cubes and place on skewers. For extra flavour, drizzle with maple syrup, ginger and powdered chili.
- **So versatile:** the cooked flesh can be mashed, puréed into a soup or cut into cubes and added to rice, stir-fries, casseroles, stews and pasta.
- For sweet tastes, used cooked squash for muffins, pies and cakes.
- **Tip:** cooked squash purée freezes very well and takes less freezer space than squash cubes. Use frozen squash within a year.



**Winter squashes:**  
Butternut, acorn,  
spaghetti, buttercup,  
pumpkin

Different varieties of winter squash may be substituted for each other. The orange and yellow flesh brightens dishes.



Check out this video on [how to prepare squash](#).

## Nutrition Facts Valeur nutritive

Per serving / pour 1 portion

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 3 g	5 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
<b>Cholesterol / Cholestérol</b> 10 mg	3 %
<b>Sodium / Sodium</b> 65 mg	3 %
<b>Carbohydrate / Glucides</b> 23 g	8 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 17 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	15 %
Iron / Fer	4 %

# Spinach Smoothie

Makes 2 servings (1 cup/250 mL each)

1 cup	spinach	250 mL
1 cup	milk (any kind)	250 mL
1	ripe banana	1
1 tsp	honey	5 mL

### Directions:

Blend spinach and milk. Then add banana and honey and blend again.

### Recipe Ideas:

For a different flavour, use other fruit such as pear, peach, berries, apple or mango.

Source: Ottawa Public Health



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# Spinach and Rice Salad

Makes 6 side dish servings

6 cups	baby spinach, washed and dried	1.5 L
½ cup	red or green onions, chopped	125 mL
2	celery stalks, sliced	2
½	red or green pepper, chopped	½
½ cup	raisins	125 mL
1 ½ cups	cooked rice	375 mL
	parsley	

Mix the ingredients together in a bowl.

### Dressing

¼ cup	sunflower or vegetable oil	60 mL
⅛ cup	soy sauce, low sodium	25 mL

Mix together the oil and soy sauce.

Add dressing to salad just before serving.

### Recipe ideas:

- Add other vegetables to the salad
- Add cashew nuts that have been grilled in the oven for 10 minutes at 350°F/175°C
- Sprinkle with garlic powder and pepper, to taste

Source: Suzanne Charlebois, CFA, Ottawa Public Health

Nutrition Facts Valeur nutritive	
Per serving / pour 1 portion	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 190	
<b>Fat / Lipides</b> 10 g	15 %
Saturated / saturés 1.0 g + Trans / trans 0 g	5 %
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 190 mg	8 %
<b>Carbohydrate / Glucides</b> 25 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 9 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	50 %
Calcium / Calcium	6 %
Iron / Fer	8 %



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# Ontario Squash Dip

Makes 4 cups/1 L. Suggested serving: ¼ cup / 60 mL

2 cups	Ontario winter squash cooked*	500 mL
2 cups	chickpeas (1 can 19 oz/540 mL drained and rinsed, or 2 cups/500 mL cooked)	500 mL
⅓ cup	fresh lemon juice	80 mL
2 tbsp	olive oil	30 mL
2	cloves garlic	2
1 tsp	ground cumin	5 mL
¼ tsp	salt (optional)	1 mL
½ tsp	pepper	2 mL
¼ tsp	cayenne (optional)	1 mL

## Directions:

In food processor, combine the ingredients and process until very smooth. If too thick, add 1 tbsp/15 mL at a time of warm water. Garnish with fresh coriander sprigs (optional). *Serving ideas:* use as a sandwich filler, with pita and in wraps. Refrigerate for up to 4 days.

\*See page 2 on how to microwave squash.

Adapted from Foodland Ontario ([www.Ontario.ca/foodland](http://www.Ontario.ca/foodland))

Nutrition Facts Valeur nutritive	
Per serving / pour 1 portion	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 95 mg	4 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	2 %
Iron / Fer	4 %



# Sunshine Soup

Makes 4-6 servings

1	Ontario squash (small Butternut or Acorn) (approx. 1½ lb/750 g) (about 3 cups)	1
1 tbsp	butter	15 mL
1	medium Ontario onion, chopped	1
1 tsp	grated fresh ginger root	5 mL
2	Ontario medium apples, peeled and chopped	2
2 ½ cups	vegetable or chicken broth	625 mL
½ tsp	dried thyme leaves	2 mL
	pepper	
	chopped fresh parsley (optional)	

## Directions:

Peel squash and chop. In large saucepan, melt butter over medium heat. Add onion and ginger and cook until softened, about 3 to 4 minutes, stirring constantly. Add chopped squash, apples, broth and thyme. Bring to a boil, reduce heat, cover and simmer until squash is tender, about 20 minutes. Remove from heat and purée in batches in food processor or with a hand blender until smooth. Return to pot and heat slowly until hot. Season to taste with pepper. Garnish each serving with chopped parsley. Serve it either hot or cold with crusty whole grain bread and a green salad.

Nutrition Facts Valeur nutritive	
Per serving / pour 1 portion	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 3 g	5 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 35 mg	1 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	4 %
Iron / Fer	6 %

Adapted from Foodland Ontario ([www.Ontario.ca/foodland](http://www.Ontario.ca/foodland))