

More about Colorado Spinach

Spinach and Sundried Tomato Quiche

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- 1 10" pie shell
- 10 oz. raw spinach, rough chopped (6-8 cups)
- 3 tbsp. olive oil
- 1 c sundried tomatoes, rehydrated in hot water
- 1/2 c Romano cheese, grated
- 1 medium shallot, minced
- 1 clove garlic, chopped
- 1 tsp. dried basil
- 1/2 cup milk
- 10 eggs

Bake pie shell until lightly golden, remove from oven and allow to cool at room temperature. Mix all the ingredients except eggs and milk then place in the cooled pie shell. Combine the eggs and milk and mix well. Pour the egg mixture over the ingredients. Bake at 325°F for 15 minutes, then rotate and bake for additional 12 minutes, or until fully cooked (160°F, or until knife inserted into quiche comes out clean).

Source: Colorado Proud

Storage

When you bring your spinach home:

- Keep it cold – refrigerate promptly
- Store it dry
- Wash with cold, clean water before eating
- Use it fast – generally within 3-5 days

Typically, you can keep and use spinach until it shows signs of spoilage, at which point it should be discarded.

Signs of spoilage can include

- Wilted leaves
- Off-odors
- Excessive yellowing or browning



Health Benefits

Spinach provides a low calorie, nutrient dense option to add to many different recipes, or to use in a simple salad. Spinach is a good to excellent source of vitamins A, C, and folate, as well as minerals such as manganese, magnesium, calcium, zinc, and iron. It is also a good source of fiber and even contributes a small amount of protein to the diet.

Spinach also contains many lesser known antioxidant compounds such as flavonoids. Antioxidants are crucial to our body's natural defenses, helping reduce the risk of cancer.

Not enough? Spinach may play a role in the slowdown of the aging process, and help to maintain brain function. These potential health benefits, along with the proven nutritional benefits of spinach make it a must-have in your diet.

Related Links

Health Benefits and Safe Handling of Salad Greens

<http://www.ext.colostate.edu/pubs/foodnut/09373.html>

Freezing Vegetables:

<http://www.ext.colostate.edu/pubs/foodnut/09330.html>

Drying Vegetables:

<http://www.ext.colostate.edu/pubs/foodnut/09308.html>



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