



FEED OUR FUTURE[®]
Local Foods for Growing Minds



HOME RECIPE

Egg, Spinach, Bacon Power Wrap

Featured Item: Spinach

Serving Size: 1 wrap • Yield 6

Fun Facts:

Spinach is related to beets.

Try It!

Use spinach on sandwiches instead of lettuce.

INGREDIENTS

- 6 cups** Spinach, Raw, Local
- 1 tablespoon** Olive Oil, Extra Virgin
- 6 each** Eggs, Scrambled
- 3/4 cup** Mozzarella Cheese, shredded
- 6 each** Tortillas, whole-grain
- 6 slices** Bacon



DIRECTIONS

1. Scramble eggs.
2. Prepare bacon.
3. Prepare spinach: Roughly chop spinach. In large skillet, heat spinach for about 3 minutes or until it is wilted.
4. Place 6 tortillas on a flat surface. Place egg lengthwise in center of tortilla. Top with 1 slice bacon. Place 1/4 cup spinach and top with 1 ounce cheese. Wrap.

NUTRITION FACTS

Calories: 326
Total Fat: 18 g
 Saturated Fat: 6 g
 Trans Fat: 0 g
Cholesterol: 102 mg
Sodium: 556 mg
Total Carbohydrate: 27 g
 Dietary Fiber: 3 g
 Total Sugars: 2 g
Protein: 16 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



Spinach Strawberry Salad

Featured Item: Spinach

Serving Size: 1 1/2 cup • Yield 4

Fun Facts:

Spinach is a super food - its helps you grow!

Try It!

Toss a handful of spinach in your next smoothie.

INGREDIENTS

- 1 1/4 cup** Spinach, Raw, Local
- 2 teaspoons** Balsamic Vinegar
- 2 teaspoons** Water
- 1 teaspoon** Vegetable Oil
- 1 teaspoon** Strawberry preserves, sugar free
- 1 pint** Strawberries, sliced
- 8.25 ounce can** Mandarin Oranges
- 3/4 tablespoon** Italian seasoning mix



DIRECTIONS

1. Microwave strawberry preserves until warm and slightly runny. Mix preserves, italian seasoning mix, balsamic vinegar, and oil. Prepare dressing 1-2 days before service for maximum flavor.
2. Drain mandarin oranges.
3. Wash and slice fresh strawberries.
4. Lightly toss spinach, oranges, and strawberries.
5. Just before serving, toss salad with dressing.

NUTRITION FACTS

Calories: 85
Total Fat: 2 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 556 mg
Total Carbohydrate: 17 g
Protein: 3 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Ohio Department of Education

Email ohiofeedourfuture@gmail.com for full nutrition facts.



FEED OUR FUTURE[®]
Local Foods for Growing Minds



HOME RECIPE

Green Power Smoothie

Featured Item: Spinach

Serving Size: 8 ounces • Yield 4

Fun Facts:

Spinach grows best when it is cool and rainy out.

Try It!

Toss a handful of spinach on top of your next pizza.

INGREDIENTS

- 1 1/2 cups** Nonfat, Plain Yogurt
- 1 1/2 cups** Fat-free Milk
- 1 cup** Pineapple Chunks, with Juice
- 2 cups** Spinach, Raw, Local
- 1 1/2** Bananas



DIRECTIONS

1. Put all ingredients in a blender and mix.
2. Serve 8 ounces and enjoy, cold.
3. Any leftover smoothie can be put in the refrigerator for later or the next day.

NUTRITION FACTS

Calories: 152
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 103 mg
Total Carbohydrate: 32 g
 Dietary Fiber: 2 g
 Total Sugars: 24 g
Protein: 7 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Pisanick Partners, LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.