

Celebrating acid SPINACH!

CHEESY BABY SPINACH

Serves 3

- 3 cup loosely packed baby spinach (chopped or snipped with kitchen shears into small pieces)
- 1.5 teaspoon olive oil
- 1.5 teaspoon lemon juice
- 6 tablespoons shredded cheddar (or mozzarella, ricotta, or crumbled goat cheese)
- Salt (to taste)

1. Place the greens into a microwave-safe bowl.
2. Drizzle on the olive oil and lemon juice and heat for 30 seconds.
3. Remove from the microwave, top with cheese, and heat for an additional 15-30 seconds until the cheese is melted. Sprinkle with salt and serve.
4. To make this on the stove top: Heat a nonstick or stainless-steel skillet over medium heat. Add the olive oil and the greens. Stir to cook until greens are wilted, 2-3 minutes. Remove from heat into a bowl. Top with cheese, lemon juice, and salt.

Source: yummytoddlerfood.com



- Spinach is a great source of vitamins, minerals, and antioxidants, including iron, calcium, and vitamin K, which are important for healthy growth and development in children.
- Boosts immunity: The antioxidants found in spinach can help boost your child's immune system, protecting them from infections and illnesses.
- Promotes healthy digestion: The fiber in spinach promotes healthy digestion and can help prevent constipation and other digestive issues in kids.
- Helps maintain healthy bones.
- Promotes healthy skin: Spinach is loaded with antioxidants that can help protect your child's skin from damage.



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