

CHOPPED SPINACH

organically grown spinach



SERVING
SUGGESTION

NET WT 16 OZ (454 g)

meijer
Organics™

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Pure ingredients. Better taste.

Although you probably know that spinach is a source of iron, you might be surprised that its high vitamin A content makes it truly stand out among vegetables. What also makes this spinach particularly good is that it has been grown according to farming practices that respect the earth. Why not serve yourself some of this nutritious vegetable simply steamed with a dab of organic butter, or use it in a flavorful pasta dish or festive dip for family and friends.

All Meijer Organics™ products are made with:

- No artificial ingredients
- Minimal processing
- No pesticides, antibiotics, or growth hormones
- Dedication to renewable farming practices

We're pleased to offer you and your family this natural choice.

Karen DeWijn, Director

COOKING INSTRUCTIONS

Stove Top

Empty contents into saucepan. Add 1/2 cup water (1/4 cup for half package). Bring water to a full boil over high heat; then reduce heat to medium. Cover and simmer for 4-5 minutes or until tender (3-4 minutes for half package), just until tender. Drain.

Microwave Oven

Empty contents into microwaveable bowl. Add 2 tablespoons water. Cover. Microwave on high 6-8 minutes (5-6 minutes for half package). Stir halfway through heating. **Note:** Microwave oven performance varies. Heating time may require adjustment.

Storage Instructions

After opening package, reseal tightly and return to freezer.

KEEP FROZEN

AVOID OVERCOOKING