

Seasonal Eating
Whitney Danhof, Extension Agent

Frozen Spinach Brings Green to the Winter Table
February 2025

Frozen vegetables in the winter are a great option to bring the nutrients of vegetables to the table. Frozen spinach is easy to use, works well in many recipes and is a good value as it is already wilted down.

Frozen spinach can be used in many types of dishes. Egg dishes such as breakfast casseroles, omelets and quiche are great vehicles to include spinach. Pasta dishes such as lasagna, manicotti, stuffed shells and even chicken alfredo can benefit from the flavor and nutrition of spinach as well. Soups are another type of dish that can be enriched by the addition of spinach both in flavor and nutrition.

Frozen spinach is relatively low in calories and carbohydrates but is a powerhouse of nutrients like Vitamins A and C. Frozen vegetables have been found to be just as nutritious as fresh and are convenient for the months when many fresh items are limited. Getting green vegetables into your winter diet is as easy as checking the freezer.



When cooking with frozen spinach, defrost and drain your spinach by pressing it against a strainer or with paper towels to get rid of the excess liquid. However, if you are adding it to a soup or liquid dish, this is not necessary. You can defrost in the refrigerator overnight or in the microwave.

Spinach makes a good filling. In the Ham, and Spinach Rolls recipe below, spinach is combined with cornbread stuffing and sour cream for a filling that is rolled up in slices of deli ham. I used ultra-thin smoked ham sandwich slices that were pre-packaged. The rolls are placed like enchiladas in a greased casserole dish and then topped with a cheese sauce and baked. Three to four rolls make a good serving. While these are good for dinner with some wild rice and green beans on the side, they can also star in a brunch menu with a sweet baked item and fruit. Let them cool slightly before removing the servings from the pan and they will hold up better. If serving for company, garnish the top with a sprinkle of chopped parsley or chives for a little color.

So, if you need some green vegetables this winter, give these Ham and Spinach Rolls a try for something different or just add some frozen spinach to your favorite dishes. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Ham and Spinach Rolls

- 1 (12-ounce) bag chopped frozen leaf spinach, thawed and drained
- 1 1/2 cups sour cream
- 1/4 teaspoon nutmeg
- 1 1/2 cups seasoned cornbread stuffing mix
- 20 slices deli sandwich ham

2 tablespoons butter
2 tablespoons flour
1/8 teaspoon ground red pepper
1 1/2 cups milk
1 cup shredded Cheddar cheese
1 tablespoon sherry
1/2 cup grated Parmesan cheese

Stir together spinach, sour cream and nutmeg. Blend in stuffing mix. Place about 1/4 cup of spinach mixture on each ham slice rolling them up and placing side by side in a buttered shallow baking dish. In medium saucepan over moderate heat, melt butter. Stir in flour and ground red pepper. Cook until bubbly. Whisk in milk and cook, stirring until thickened and bubbly. Stir in cheese until melted and then add sherry. Pour the sauce over the ham rolls. Sprinkle with Parmesan cheese. Bake at 350 degrees, covered for 15 minutes and then uncover and bake until sauce is bubbly and lightly browned, approximately 20 minutes.