

SPINACH

Ways to Prepare Spinach:

1. **Raw** – Mix chopped spinach with your favorite lettuce and top with dressing and your favorite toppings to make a delicious salad!

2. **Sautéed** – Heat a skillet with some olive oil or butter on medium high heat. Add some minced garlic and cook for 1-2 minutes. Then add chopped spinach, and some salt, and pepper and sauté for 1 minute, stirring constantly. Remove from heat, cover and let sit 2-3 minutes. Serve immediately.

3. **Boiled** – Chop spinach roughly and add to boiling water for one minute. Then remove and put in ice water to stop cooking immediately. Drain water.



Add spinach to:

- * Soups
- * Salads
- * Stir-Fries
- * Pasta



Scrambled Eggs with Spinach

Makes 2 servings

Ingredients

- 4 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon unsalted butter
- 1 cup spinach leaves
- 1 oz. cheddar cheese, grated
- pinch of crushed red chili flakes, optional

Instructions

1. In a bowl, using a fork, beat together the eggs, salt and pepper until blended.
2. In a large fry pan over medium heat, melt the butter. When the butter foams, reduce the heat to low. Add the beaten eggs and cook, stirring several times, until curds just begin to form, 1 1/2 to 2 minutes. Add the spinach and cheese, stir once or twice, and continue to cook just until the curds are soft, 2 to 3 minutes more.
3. Sprinkle with crushed red chili flakes and serve immediately.

