



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Sauteed Spinach with Yogurt-Garlic Sauce

Ingredients:

- 1 1/2 pounds fresh spinach, with stems attached
- Coarse salt
- 4 tablespoons olive oil
- 2 large onions, peeled and finely chopped
- 1/2 cup water
- 1/2 tsp freshly ground black pepper
- 1/2 cup plain Greek yogurt
- 1 garlic clove, peeled and crushed to a puree

Directions:

1. Wash the spinach and stems until water runs clear; drain. Cook the spinach and stems for 10 minutes in boiling water; drain, refresh, drain, squeeze, and chop fine.
2. Heat 4 tablespoons of olive oil in a skillet and cook the onions, with a pinch of salt and 1/4 cup of water, for 10 minutes, covered. When the water evaporates, slowly let the onions turn golden, stirring occasionally. Add the spinach, and cook, stirring, for 2 to 3 minutes. Blend in the remaining 1/4 cup water and adjust the seasoning with salt and pepper. Remove from the heat and allow to cool to room temperature.
3. In a small bowl, beat together the yogurt and the garlic. Spread the spinach on a small serving plate, smooth it, and top with yogurt.

Serves 4

Nutrition: 164 calories, 13 g fat, 2 g saturated fat, 11 g carbohydrate, 3 g fiber, 5 g protein, 200 mg sodium

Source: Oldways



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