

Sauteed Spinach

NUMBER OF SERVINGS:

4

SERVING SIZE:

2/3 cup

OVERVIEW:

Sauteed Spinach

INGREDIENTS:

0.5 Tbsp extra-virgin olive oil

0.5 Tbsp butter

1 Tbsp chopped shallots

0.25 cup low-fat, low-sodium chicken broth

0.5 tsp salt

1 tsp black pepper

1 lb spinach leaves, well washed, stems removed

INSTRUCTIONS:

1. Clean the spinach in a bowl or sink filled with cold water. Make sure to agitate the leaves to remove any sand or dirt that might cling to the spinach.
2. Heat the olive oil and butter in a pan over medium heat. Add the shallots and cook for about 30 seconds. Add the chicken stock and the spinach, cover tightly, and steam until the spinach is tender, about 3-5 minutes. Remove the spinach from the liquid, season with salt and pepper, and serve.



NUTRITION:

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| Total Calories: | 102 |
| Calories from Fat: | 30 |
| Total Fat: | 3 g |
| Saturated Fat: | 2 g |
| Cholesterol: | 4 mg |
| Sodium: | 705 mg |
| Total Carbohydrates: | 8 g |
| Dietary Fiber: | 5 g |
| Sugars: | 0 g |

