

# Creamy Sautéed Spinach



**Category:** Side dishes  
**Yield:** 4 servings  
**Preparation time:** 5 minutes  
**Total time:** 15 minutes  
**Price per serving:** \$1.69



## Ingredients:

8 cups baby spinach, washed and chopped  
1/2 cup green onions, finely chopped  
2 cloves garlic, minced  
1 teaspoon Extra Virgin Olive Oil  
2 tablespoons 2% Greek yogurt (I prefer the brand Faye)  
1/2 teaspoon ground cumin  
1/4 teaspoon curry powder  
1/4 teaspoon salt  
1/4 teaspoon black pepper

## Directions:

1. Heat your sauté pan to medium-low heat, add extra virgin olive oil, green onions, cumin and curry. Sauté for 3 minutes.
2. Add the minced garlic, spinach, salt and black pepper. As the bottom layer begins to wilt, use your spatula to mix the bottom layer of spinach with the top unwilted layer. Continue to mix the layers until all of the spinach is wilted but still bright green in color, this will take about 3-5 minutes (you want to avoid cooking it too long where the spinach will turn a darker duller green and be more bitter in flavor).
3. Turn off the heat and stir in the Greek yogurt. Serve immediately.

## Equipment:

1 large sauté pan with high sides  
1 fish spatula or large spoon  
cutting board  
chef's knife

Nutritional facts per serving (daily value): Calories 35.244kcal; Protein 2.159g (4%); Total Fat 1.576g (2%)(Sat. 0.227g (1%)); Chol. 0mg (0%); Carb. 4.554g (2%); Fiber 1.961g (8%); Sugars 1.663g; Calcium 80.315mg (8%); Iron 2.045mg (11%); Sodium 199.786mg (8%); Vit. C 21.142mg (35%); Vit. A 6751.203IU (135%); Trans fat 0g