

SAVORY SPINACH WITH TOMATOES

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SpinachTomatoes.aspx>

Ingredients

- 1 Tbsp olive or canola oil
- 1 medium onion, chopped
- 1 clove garlic, minced or pressed
- 2 tomatoes, chopped
- 1 package frozen spinach leaves or 2 bunches fresh
- ½ Tsp salt

Instructions

1. In the oil, fry the onion, garlic, and tomato.
2. Add the clean spinach and salt. Stir together.
3. Cover and simmer for 5 minutes, until just tender

Makes 6 servings. Serving size: 1/6 of recipe (110g)

Nutritional information per serving (6 servings)

Calories: 47

Calories from fat: 23

Total fat: 3g

Saturated fat: 0g

Cholesterol: 0 mg

Sodium: 236mg

Total carbohydrate: 5g

Dietary fiber: 2g

Sugars: 0g

Protein: 2g

Vitamin A: 70%

Vitamin C: 35%

Calcium: 4%

Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center