

# Sesame Spinach

## Ingredients

- 1 Tbsp sesame seeds
- 1/4 cup water
- 1 pound spinach, coarsely chopped
- 2 tsp reduced-sodium soy sauce
- 2 tsp toasted sesame oil
- 1 small garlic clove, finely minced

## Directions

1. Heat a non-stick skillet on medium-high heat. Add raw sesame seeds and using a wooden spoon, stir until lightly brown and toasted, about 2 to 4 minutes. Seeds may make popping noise and jump up during toasting. Watch closely as seeds will toast very quickly. Place in a bowl and set aside.
2. Place water in a large pot or Dutch oven and bring to a boil over high heat. Add spinach and cook, stirring frequently until just wilted, about 2 to 3 minutes. Immediately transfer to colander and rinse in cold water. Squeeze out excess water.
3. Place spinach in a bowl. Mix in toasted sesame seeds, soy sauce, sesame oil and garlic. Serve.

## **Nutrition Information** makes 4 servings (serving size = 1/2 cup)

### **Per Serving**

Calories: 80  
Fat: 3.5 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Sodium: 270 mg  
Carbohydrate: 13 g  
Fiber: 6 g  
Protein: 3 g



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