

Aromatic Sauteed Spinach and Peppers

This recipe is a delicious combination of fresh spinach cooked with onions, bell peppers, and spices.

Makes: 6 servings

Ingredients

- 1 tablespoon butter
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, peeled and minced (or ½ teaspoon ground ginger)
- ¼ teaspoon red pepper flakes
- 12 ounces fresh spinach
- ¼ cup canned no-salt-added tomato paste
- ¼ teaspoon salt



Directions

1. Heat butter over medium heat in a medium saucepan.
2. Add onions, bell pepper, garlic, ginger, and red pepper flakes. Sauté uncovered for 3 minutes over medium heat. Stir frequently.
3. Add spinach. Once spinach begins to wilt, add tomato paste. Stir frequently.
4. Add salt. Stir well. Sauté uncovered over medium-high heat, for 1 minute, stirring frequently until spinach reduces. Be careful not to overcook. Remove from heat and serve.

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