

# 5 A Day Recipes

## Side Dishes

### Szechwan Spinach

#### Serves 4

Provides 2 vegetable servings per person

Colorful vegetables contain essential nutrients to aid in disease prevention and help you feel great! Dark green vegetables like spinach are rich with phytochemicals that keep your body healthy. Here's an idea for a tasty spinach side dish with an Asian flair. Wilt 8 cups of spinach by pouring lots of boiling water over it. Drain well. Combine 2 sliced green onions, sugar, soy sauce, rice vinegar, and  $\frac{1}{2}$  teaspoon sesame oil. Then a pinch of crushed chiles and finely chopped fresh ginger. Toss all of these ingredients with the spinach and let it sit so the flavors can combine. It looks and tastes wonderful.

- 8 cups well washed spinach leaves or 1 box of frozen spinach
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon toasted sesame oil
- pinch of dried, crushed chiles
- $\frac{1}{2}$  teaspoon finely chopped fresh ginger
- 2 sliced green onions (scallions)

1. Place spinach leaves in a colander and pour lots of boiling water over the top to wilt the spinach. Drain well.

2. Combine the soy sauce, vinegar, sugar, sesame oil, chiles, and ginger. Toss with the spinach and green onions to coat well. Let sit 30 minutes.

#### Nutritional Analysis per serving:

20 calories  
1 g fat  
34% calories from fat  
0 g saturated fat  
0% calories from saturated fat  
2 g carbohydrates  
322 mg sodium  
6 g dietary fiber