

Spinach Elizabeth

(serves six)

Elizabeth Flynn

Retired from St. Vincent's Midtown
East Elmhurst, NY

Ingredients:

3 lbs. fresh spinach
2 tbsp. butter
1½ tbsp. soy sauce
¼ cup chopped, toasted hazelnuts
Salt and pepper to taste

Nutritional Content by Serving

Calories 103
Carbs 9g
Sodium 279mg
Cholesterol 1.8mg
Fiber 6.2g
Fat 6.3g
Saturated Fat 1g
MUFA 3.8g
PUFA .8g
Protein 7.3g

Directions:

Heat the butter in a big pot. Add spinach and sauté, stirring occasionally. After about 5 minutes, add soy sauce and blend in. Cook until soft. Add nuts and serve.

Nutritionist Recommendation!

This dish is an excellent source of vitamin A, lutein, folic acid and fiber. It is low in calories, high in MUFA. To reduce saturated fat, use 1 tablespoon butter and 1 tablespoon olive oil instead of 2 tablespoons butter. Use low sodium soy sauce and avoid adding any more salt if possible.