

Chilled Sesame Spinach

From – wholeliving.com

coarse salt

2 lbs spinach, stems trimmed, washed

1 ½ Tbsp toasted sesame oil

1 ½ Tbsp soy sauce

1 ½ Tbsp rice vinegar

1 ½ Tbsp mirin (rice wine)

3 Tbsp sesame seeds, toasted

- Prepare an ice-water bath; set aside.
- Bring a large pot of water to a boil; season with salt.
- Add spinach and cook just until wilted, about 30 seconds.
- Drain immediately in colander and plunge into prepared ice bath.
- Let spinach cool completely, about 30 seconds, and drain again.
- Using your hands, squeeze excess water out of spinach and transfer to a work surface.
- Coarsely chop spinach and place in a medium bowl. Set aside.
- In a small bowl, whisk together sesame oil, soy sauce, rice vinegar and mirin.
- Add dressing and sesame seeds to the spinach; mix to combine.



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