

Japanese Sesame Spinach

From – *Moosewood Restaurant Low-Fat Favorites*

16 to 20 oz fresh spinach

2 Tbsp sesame seeds

2 tsp sugar

1 Tbsp soy sauce

- Clean and stem the spinach leaves
- Shake off the excess water and place the spinach in a covered pot.
- In a skillet on medium heat, roast the sesame seeds, stirring continuously for a couple of minutes until the seeds are fragrant and golden.
- With a mortar and pestle, grind together the sesame seeds and sugar.
- Add the soy sauce and stir to make a paste.
- Place the pot of spinach on high heat and steam for 2 or 3 minutes, until it is wilted but still bright green.
- Drain.
- Toss the spinach with sesame paste to coat the leaves evenly.



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