

# Spinach with Sesame and Garlic

From – [www.simplyrecipes.com](http://www.simplyrecipes.com)

3 Tbsp dark sesame oil  
1 Tbsp minced garlic  
1 lb fresh spinach, cleaned and roughly chopped  
1 Tbsp sugar  
1 Tbsp soy sauce  
salt to taste  
1 Tbsp toasted sesame seeds

- Heat 2 Tbsp of the sesame oil in a large skillet over medium heat.
- Once the oil is hot, add the garlic.
- As soon as the garlic begins to sizzle, add the spinach and cook, stirring occasionally, until the spinach is completely wilted. Turn the heat to low.
- Stir in the sugar and soy sauce. Remove from the heat. Add salt to taste.
- Serve hot, warm, room temperature, or cold, drizzled with the remaining sesame oil and sprinkled with sesame seeds.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)