



Happy, Healthy New Year !!!!
Culinary Class with Chef Lisa Fidler
January 23, 2014

Sautéed Spinach

Ingredients:

1 tablespoon coconut oil
1 small shallot, chopped
10 ounce package baby spinach
¼ cup white wine
Salt and freshly ground black pepper

Instructions:

Heat a large skillet. Melt the oil, then add chopped shallot. Cook until soft, about 3 minutes. Add the spinach. Pour in the wine and toss the spinach to coat evenly; cook about 1 minute. Remove from heat. Season with salt and pepper and toss again. Serve warm.