

Sauteed Spinach & Tomatoes

**Prep:**

5 minutes

Total:

10 minutes

Makes:

4 cups

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

7" Santoku Knife

Rate ★★★★★

Recipe:**Contributed By:**

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Recipe Description:

You'll be surprised at the burst of flavor in every mouthful of this delicious dish. As an additional benefit, this recipe is packed with vitamin A, vitamin C and lycopene - all great health promoters!

6 cloves
garlic, shredded, use Cone #1
15 cherry (baby) tomatoes, cut in half
2 tablespoons
vegetable broth
(30
mL)
5 ounces
fresh spinach
(142
g)

Directions:

1. Sauté garlic in skillet over medium heat.
2. Once garlic has browned, add tomatoes and broth. Gently, place spinach on top.
3. Place cover on skillet and cook for 3 - 5 minutes until spinach is tender.
4. Gently stir mixture to combine and serve.

Nutritional Information per

▼ Serving

Calories: 114

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 207mg

Total 23g

Carbs:

Dietary Fiber: 6g

Sugar: 1g

Protein: 7g