

## Indian Spiced Spinach

### Ingredients

- 1½ cups spinach
- ¼ cup chicken broth or water
- ⅛ teaspoon cumin
- ⅛ teaspoon turmeric
- Pinch of fresh grated ginger
- Pinch of ground coriander
- Sea salt and pepper to taste

### Directions

1. Sauté spices in chicken broth with onion.
2. Add spinach and stir gently until cooked.
3. Can substitute ¼ teaspoon garam masala for dry spices.

**Variations:** Add chicken or shrimp,

Makes 1-2 servings (1 vegetable)
2 grams protein
0 fat
35 calories

### PHASE 3 MODIFICATIONS:

Add melted butter or ghee. Stir in chunks of paneer cheese to make palak paneer, a traditional Indian dish.

