

Spinach and Sweet Potato Sauté

Ingredients:

- 1 medium onion, chopped
- 4 medium cloves garlic, minced
- 1 cup low sodium vegetable broth
- 1 tbsp. low sodium vegetable broth
- 1 tbsp. lemon juice
- ½ tsp. each turmeric
- ½ tsp. coriander
- ½ tsp. cumin
- ½ tsp. cardamom
- 2 cup sweet potatoes, peeled and cubed
- 6 oz. frozen spinach, thawed
- 2 tbsp. chopped fresh cilantro
- ¼ tsp. salt
- ¼ tsp. ground pepper



Nutrition Facts			
Serving Size 1 cup (227g)			
Servings Per Container 4			
Amount Per Serving			
Calories 100	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 21g	7%		
Dietary Fiber 4g	16%		
Sugars 7g			
Protein 3g			
Vitamin A 25%	• Vitamin C 15%		
Calcium 8%	• Iron 8%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

Directions:

1. Chop onions and mince garlic and let sit for 5 minutes.
2. Heat 1 tbsp. broth in large skillet, sauté onion in broth over medium heat for 5 minutes, stirring frequently.
3. Add garlic and continue to sauté for another minute.
4. Add seasonings and lemon juice and stir to mix thoroughly. Add broth and sweet potatoes. Simmer covered over low heat, stirring occasionally, until sweet potatoes are tender, about 15 minutes.
5. Uncover to allow sauce to thicken and cook another couple minutes. Press water out of spinach and add to sweet potatoes. Cook uncovered for a few more minutes to allow sauce to thicken. Add cilantro, salt and pepper.