

Sautéed Spinach with Pine Nuts & Golden Raisins

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Makes 2 servings.

2 teaspoons extra-virgin olive oil
2 tablespoons golden raisins
1 tablespoon pine nuts
2 cloves garlic, minced
1 10-ounce bag fresh spinach, tough stems removed
2 teaspoons balsamic vinegar
1/8 teaspoon salt
1 tablespoon shaved Parmesan cheese
Freshly ground pepper to taste

Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan and pepper.

NUTRITION INFORMATION Per serving: 158 calories; 9 g fat (2 g sat, 5 g mono); 2 mg cholesterol; 16 g carbohydrate; 6 g protein; 4 g fiber; 310 mg sodium.