

Sautéed Spinach and Tomatoes

Sautéed Spinach and Tomatoes is a delicious combination of fresh spinach cooked with onions, red bell peppers, herbs, and ginger. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, and Sautéed Spinach and Tomatoes. Check out the USDA CACFP version of all these recipes!

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or No. 8 scoop) provides ½ cup vegetable (⅜ cup dark green vegetable, and ⅛ cup red/orange vegetable).



Preparation Time: 15 minutes

Cooking Time: 3 minutes

Makes: 6 servings

Ingredients

- 1 Tbsp Margarine, trans fat free
- ¼ cup or 1 ½ oz Fresh onions, diced
- ½ cup or 1 ½ oz Fresh red bell pepper, diced
- 2 tsp Garlic, minced
- 2 tsp Fresh ginger, chopped
- Or
- ½ tsp Ground ginger
- ¼ tsp Red pepper flakes
- 12 oz Fresh spinach leaves
- 2 oz Canned no-salt-added tomato paste
- ¼ tsp Salt

Directions

- 1 Heat margarine over medium heat in a medium saucepan.
- 2 Add onions, bell peppers, garlic, ginger, and red pepper flakes. Sauté uncovered for 3 minutes over medium heat. Stir frequently.
- 3 Add spinach. Once spinach begins to wilt, add tomato paste. Stir frequently.
- 4 Add salt. Stir well. Sauté uncovered over medium-high heat, for 1 minute, stirring frequently until spinach reduces. Remove from heat immediately. DO NO OVERCOOK. Overcooking spinach will significantly reduce the amount of spinach.
- 5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 6 Transfer spinach to a serving dish. Keep warm.
- 7 Critical Control Point: Hold at 140 °F or higher until served.
- 8 Serve ½ cup (½ cup measuring cup or No. 8 scoop).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 37, Protein 2 g, Carbohydrates 5 g, Dietary Fiber 2 g, Total Sugars 2 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 152 mg, Vitamin A 262 mcg RAE, Vitamin C 23 mg, Vitamin D 10 IU, Calcium 72 mg, Iron 2 mg, Potassium 324 mg

