

SPINACH & SWEET POTATO SAUTE

Prep and Cook Time: 35 minutes

1 medium onion, chopped

4 medium cloves garlic, minced

1 cup + 1 TBS chicken or vegetable broth

$\frac{1}{2}$ tsp turmeric

$\frac{1}{2}$ tsp coriander

$\frac{1}{2}$ tsp cumin

$\frac{1}{4}$ tsp cardamom

1 TBS fresh lemon juice

2 cups sweet potatoes, peeled and cubed

6 oz frozen spinach, thawed

2 TBS chopped fresh cilantro

salt & pepper to taste

Directions:

1. Chop onions and mince garlic.
2. Heat 1 TBS broth in a large stainless steel skillet. Sauté onion in broth over medium heat for 5 minutes stirring frequently. Add garlic and continue to sauté for another minute.
3. Add seasonings 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. Uncover to allow sauce to thicken and cook another couple minutes. Add cilantro, salt & pepper to taste.
4. 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.

Serves 4