



Sauteed Spinach



No. Q-306-00
Yield 100 Portion
Each Portion
 ¾ cup (4-1/3 oz)
Pan Size and Number
 Griddle
Temp
 350°F (177°C)
Time 3 min.

Vegetables

Go for Green® Color and Sodium

Codes

Green(Eat Often) High Sodium

Nutrition Facts

Calories	126
Carbohydrates	11 g
Sugars*	1.1 g
Protein	7.3 g
Fat	7.8 g
Saturated Fat	0.7 g
Cholesterol	0 mg
Sodium	524 mg
Calcium	251 mg
Fiber	5.5 g

Ingredients

Ingredient	Measure	Weight	Approx. Issue
OIL, CANOLA	3 cup + 2 Tbsp	1 lb	6-2/3 oz
GARLIC, PREMINCED, IN WATER	4 cup	1 lb 6 oz	
SPINACH, BABY, FRESH	50 gal	36 lb	36 lb

SALT	3 tbsp + 2 tsp	2-3/8 oz
PEPPER, BLACK, GROUND	2 tbsp + 1 tsp	0.57 oz

Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Heat oil on a preheated 350°F (177°C) griddle. Add garlic and cook for 30 seconds; stirring continuously to prevent scorching.
- 3 Add the spinach, salt and pepper to the griddle. Toss lightly to coat spinach. Cook for 2 to 3 minutes or until lightly wilted.
- 4 Remove the spinach from the griddle and serve immediately or CP: hold hot at 135°F (57°C) until use.

Recipe Notes

1. Serving Suggestions: Makes an excellent stand-alone side dish. Can also be tossed with rice or pasta; can be used in a hot sandwich; and makes a nice base for a baked or grilled chicken breast or fish fillet.
2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.