

Poached Spinach - Spinaci Affogati

This side dish of poached spinach, is a perfect example of a dish that can be really tasty and healthy. And most of all, fast and easy.

The ingredients that will actually make the difference are the spinach that should be fresh and the Extra Virgin Olive Oil (EVOO). If the EVOO is of good quality then the taste and the health will be guaranteed.

One cup of pure health:

Both the spinach and the EVOO are antioxidant and anti-inflammatory. Also are both rich in vitamins, making this side dish very healthy.

The perfect wine to accompany the Poached Spinach is Trapani Red Wine, it is not too strong so it enhances the taste of the spinach.

Cooking tips: Better to use fresh spinach, the taste will certainly be better and the vitamins are intact.

When adding the spinach to the pan, take the pan off the stove and let it cool a little, this prevents the oil from splashing everywhere.

Cooking time: Preparation 15 minutes - Cooking 10 minutes



Difficulty: very easy **Serves:** 4

Ingredients:

4 tablespoons Nonna Angelina's Extra Virgin Olive Oil (EVOO)
4 bunches of spinach
2 small cloves of garlic sliced thinly
Nonna Angelina's Organic Sea Salt
Hot pepper

Directions:

Clean the spinach by cutting the old leaves. Wash them very well, since the spinach tend to retain the dirt among the folds of the leaves.

In a big cooking pan put the garlic and Nonna Angelina's EVOO and sauté until golden. Take the pan off the stove, let it cool a little and add the spinach.

Bring it back on the stove, add the sea salt and the hot pepper. Cook with low flame for about 10 minutes, turning the spinach a couple of times. Serve hot.

Buon appetito!

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