

Spinach Saag

I love curries. One of my favorites is the classic veggie Spinach Saag Paneer, made with spinach and strained cheese. This deliciously creamy version is more like a spicy version of creamed spinach, and, despite all appearances, it is even low-fat. The trick is that instead of straining plain yogurt to make the paneer cheese, you simply stir the yogurt into the spicy spinach at the very end. One easy, delightfully tasty, vitamin packed dish.

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- ¼ cup ginger, minced
- 2 cloves garlic, minced
- 1 Serrano chili, minced (or to taste*)
- 1 teaspoon garam masala
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 pound fresh baby spinach
- ¼ cup plain yogurt,

Preparation |

1. Add oil to a sauté pan and heat on medium. Add the onions, ginger, garlic and serrano and sauté for 5 minutes until the mixture is aromatic. Add the garam masala, coriander and cumin, cook for another 5 minutes until aromatic and onions are translucent but not burnt.
2. Add the spinach and stir well, incorporating the spiced onion mixture into the spinach. Add salt and pepper to taste. Cook until the spinach is wilted.
3. Turn the heat off. Stir in the yogurt until well mixed into the spinach.

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**Before mincing the Serrano chili, if you want to cut down on the heat, deseed it and cut away the white pithy ribs that hold the seeds. Therein lies the spiciness.*

For baby spinach, 1 5 ounce bag cooks down to about 1 -1¼ servings.