



Spinach with Lemon and Raisins

Preparation Time : 10 -15 minutes

Cooking Time : 5 minutes

Makes : 4 servings

Imperial	Metric	Ingredients
2	2	medium bunches fresh spinach
1/4 cups	50 mL	raisins or currants
2 tbsp.	30 mL	Light margarine
1/2 tsp.	2 mL	fresh lemon juice, or to taste salt, to taste pepper, to taste

Steps:

1. Remove any tough stems and coarsely chop spinach. There should be about 12 cups (3 L). Wash spinach and shake off any excess water, but do not dry.
2. In a large, wide skillet, cook spinach and raisins over medium-high heat for about 5 minutes until spinach is wilted and tender. Stir frequently. Gently squeeze excess liquid from spinach using the back of a spoon. Stir in lemon juice and margarine and toss to coat. Season to taste with salt and pepper. Serve immediately.

Nutrition Information (per serving):

energy (kilocalories)	87 kcal
fat	3.1 g
saturates	0.4 g
polyunsaturates	1.2 g
monounsaturates	1.1 g
cholesterol	0 mg
carbohydrate	13.3 g
fibre, total dietary	4.1 g
protein	4.4 g
sodium	139 mg
potassium	717 mg
vitamin C	0 mg
vitamin A (retinol equivalents)	0 RE
calcium	0 mg
iron	0 mg
vitamin D (international units)	0 IU
vitamin E	0 mg