



# Zesty Ginger Creole Spinach Sauté

Prep Time: 10 minutes | Cook Time: 15 minutes | Difficulty: Easy

## INGREDIENTS

2 tablespoons extra-virgin olive oil  
1 tablespoon freshly grated ginger  
3 garlic cloves, minced  
1 red bell pepper, julienned  
1 yellow bell pepper, thinly sliced  
4 cups baby spinach leaves  
1 teaspoon smoked paprika  
½ teaspoon cayenne pepper (adjust for heat)  
Juice of 1 lime  
Salt and freshly ground black pepper, to taste  
1 sprig fresh thyme (optional, for garnish)

## INSTRUCTIONS

- 1 Heat the olive oil in a large skillet over medium heat. Add grated ginger and minced garlic, stirring for about 1 minute until fragrant.
- 2 Toss in the red and yellow bell peppers; sauté for 3–4 minutes until they begin to soften but remain crisp.
- 3 Sprinkle in smoked paprika and cayenne pepper, stirring well to coat the vegetables with the spices.
- 4 Add the spinach leaves and cook for another 2–3 minutes until just wilted—be careful not to overcook to preserve nutrients.
- 5 Squeeze fresh lime juice over the sauté, season with salt and pepper, and toss to combine.
- 6 Plate the dish and garnish with a sprig of thyme if desired for an aromatic finish.

