



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, julienne
- 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.

