

Spinach with Raisins and Pine Nuts

Nutrition Facts	
Serving Size	½ cup
Servings Per Recipe	4
Amount Per Serving	
Calories	130
Fat	3.5g
Carbohydrate	16g
Dietary fiber	2 g
Protein	3 g
Calcium	50mg
Potassium	388 mg
Iron	1.5 mg
Vitamin A	141 µg RAE
Vitamin C	12 mg



Pine nuts are an excellent source of protein, vitamin K, and healthy fats. They are also a great source of antioxidants, which help to protect cells from free radical damage.

References:

- http://www.ehow.com/about_5091014_pine-nuts-nutrition-benefits.html
- <http://www.williams-sonoma.com/recipe/spinach-sauteed-with-raisins-and-pine-nuts.html>

This handout was prepared by UNM students in NUTR 322: Management in Dietetics II

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Ingredients:

¼ cup raisins

¼ cup pine nuts

2 Tbsp olive oil

1 yellow onion, finely chopped

1 clove garlic, chopped

2 lb spinach leaves, tough stems removed and leaves rinsed well

Salt and pepper

Steps:

Put raisins in a small heatproof bowl and cover with boiling water. Cover the bowl and let the raisins plump for about 10 minutes. Drain and set aside.

Meanwhile, toast the pine nuts by heating them gently in a skillet over medium heat, tossing them every so often until they become golden and fragrant, 2-4 minutes. Watch the pine nuts closely, as they burn easily. When toasted, immediately pour onto a plate.

In a skillet over medium heat, heat oil. Add the onion and sauté until golden, 5-8 minutes. Add the garlic and sauté for 1 minute longer. Remove the pan from the heat and set aside.

Put the spinach with just the rinsing water clinging to the leaves in a saucepan over medium-high heat, cover, and cook until the spinach is bright green and wilted, 1-2 minutes. Remove from the heat and drain well in a colander, pressing the spinach with the back of a spoon to remove excess moisture. When the spinach is cool enough to handle, chop it coarsely. (If using baby spinach leaves, omit the chopping.) Add the spinach, drained raisins, and pine nuts to the onion and garlic in the frying pan and return to medium heat. Stir until the spinach and onion are heated through, about 2 minutes. Season to taste with salt and pepper.