

Sautéed Spinach with Cumin and Fennel Seeds

This is an easy variation on the usual Sautéed Spinach with Garlic. Fennel seeds and cumin seeds along with garlic and coconut oil add a surprisingly delicious flavor to spinach. The seeds provide a slightly crunchy texture.

Fennel seeds can stimulate **digestion** and relieve symptoms of bloating and stomach pains. They also serve as an excellent natural breath freshener. Fennel symbolizes longevity, courage, and strength.

Cumin seeds have been shown to be of benefit to the digestive system. Cumin seeds are an excellent source of iron a mineral that supports good red blood cells, providing energy.

Spinach is one of the top 5 alkaline vegetables. It is a potent alkalizer with an abundance of nutrients. It is high in Vitamin K, Vitamin A, folate, iron, vitamin C, calcium, potassium and fiber. I like it because you can buy organic spinach already washed ready to go. I always keep a pack of spinach in my refrigerator.

Gluten Free, Vegan, Paleo, Soy and Nut Free

2 servings

1 Tb coconut oil
5 oz prewashed baby spinach
2 cloves garlic, minced
1 tsp cumin seed
½ tsp fennel seeds
¼ tsp Celtic sea salt

- Heat a large sauté pan. Add coconut oil. Once the oil is melted add cumin and fennel seeds.
- Sauté 1 minute on medium-low until seeds begin to get brown.
- Sauté on medium low 1 minute until the garlic is soft but not brown.
- Add spinach turn with tongs to wilt. Depending on the size of your pan, you may have to add the spinach in batches.
- Keep stirring the spinach with the tongs until it is completely wilted 2-3 minutes.
- Season with salt and serve