

# Saag



**Yield: 4 servings**

## Ingredients

- 2 teaspoons extra virgin olive oil
- 2 cups diced onion
- 4 teaspoons minced garlic
- 1 tablespoon minced serrano chili
- 2 teaspoons grated fresh ginger
- 2 teaspoons ground coriander
- 1½ teaspoons ground cumin
- 1 teaspoon turmeric
- ½ teaspoon Kashmiri lal Mirch  
or ground cayenne, optional
- ½ teaspoon kosher salt
- ¼ cup tomato paste, low or  
no salt added
- 8 cups packed baby spinach

## Instructions

1. Add oil to a large nonstick pan and heat over medium heat.
2. Add onions, garlic, chilis and ginger to oil, cook for 5 minutes or until onions are soft.
3. To the onions add coriander, cumin, turmeric, Kashmiri lal Mirch and salt. Cook for 1 to 2 minutes stirring frequently.
4. To the onion mixture add tomato paste and cook for 2 minutes, stirring frequently.
5. Add spinach to the pan, in batches if necessary. Cook until spinach is wilted, add ¾ cup of water and cool mixture for 5 minutes.
6. Once spinach is cool, puree until smooth, add more water if needed.
7. Optionally serve over cooked brown rice.

## Nutrition Information

**Serving Size:** ½ cup  
Calories: 98  
Total Fat: 2.6 g  
Saturated Fat: 0.3 g  
Monounsaturated Fat: 1.7 g  
Polyunsaturated Fat: 0.3 g  
Sodium: 330 mg  
Total Carbohydrate: 16 g  
Dietary Fiber: 4.6 g  
Sugars: 5.5 g  
Protein: 4 g

Source: Dr. Abha Varma



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