



**Happy, Healthy New Year !!!!**  
Culinary Class with Chef Lisa Fidler  
January 23, 2014

## **Sautéed Spinach**

### **Ingredients:**

1 tablespoon coconut oil  
1 small shallot, chopped  
10 ounce package baby spinach  
¼ cup white wine  
Salt and freshly ground black pepper

### **Instructions:**

Heat a large skillet. Melt the oil, then add chopped shallot. Cook until soft, about 3 minutes. Add the spinach. Pour in the wine and toss the spinach to coat evenly; cook about 1 minute. Remove from heat. Season with salt and pepper and toss again. Serve warm.