

Microwave Cooked Fresh Spinach



TIPS:

1. The most important tip regarding spinach is that the less you cook it, the more you retain its flavor, texture, and terrific nutritional value – high in the oil soluble vitamins A, E and K and water soluble vitamins B2, B6 and C as well as rich iron and magnesium content. There's just no comparison between quickly cooked fresh spinach and spinach that's been cooked to a

very distasteful mushy mass.(My favorite source for spinach's nutrition and health benefits is The World's Healthiest Foods: <http://whfoods.org/genpage.php?tname=foodspice&dbid=43>)

2. The second most important tip: to avoid an unpleasant crunch on the sandy soil spinach grows in, always give fresh spinach a good rinse before cooking or eating it raw - even if that spinach has been packaged and the label says it's been double or triple washed.

Preparation Time: 2-3 minutes

Cooking Time: about 45 seconds

Needed

(per person)

1 Big Handful of Fresh Spinach

Strainer

Microwave Safe Bowl



1. Put a **big handful of fresh spinach** in a strainer.



2. Give the **spinach** a good hand scrubbing rinse with cold tap water, then give it a firm squeeze with your hands to drain most of the

water from the **leaves**, and put the **cleaned spinach** in a microwave safe bowl.



3. Put the bowl in the middle of the microwave oven, and cook using HIGH heat for 45 seconds. **NOTE:** *Cooking time will vary depending on the watt power of your microwave oven.* I used a 1200-watt microwave oven and cooked the **big handful of fresh spinach** you see here for 45 seconds.



4. After cooking, **CAREFULLY** remove the bowl from the microwave oven.



The **spinach leaves** should look just slightly wilted about as shown below. If your **spinach leaves** are still more firm than what you see below, keep cooking at 15-30 second intervals until they soften to look like the **leaves** in the picture below.



5. Use the **quickly cooked spinach** as is or in any favorite recipe that requires **cooked spinach**.



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