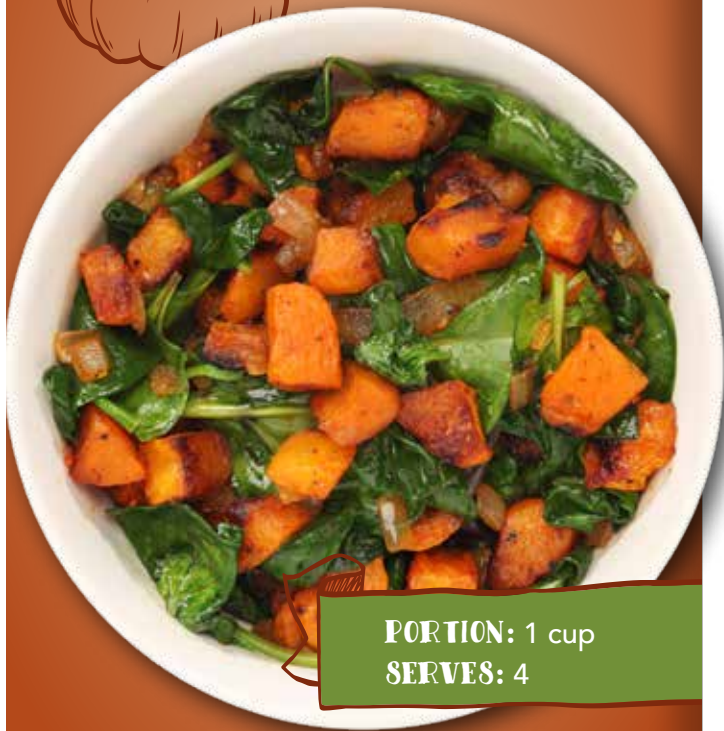


NIGERIAN Pumpkin & Spinach



PORTION: 1 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

2 lb Pumpkin, Fresh, Cubed	1/8 tsp Kosher Salt
2 Tbsp Canola Oil	1/8 tsp Finely Ground Black Pepper
1/4 tsp Smoked Paprika	
4 cups Baby Spinach	
1/3 cup Onions, Finely Chopped	
1 tsp Curry Powder	

METHOD

1. Toss the pumpkin with 1 Tbsp of oil and roast in 350F oven until the pumpkin is fork tender and lightly caramelized, about 20-30 minutes.
2. In a sauté pan add 1 Tbsp of oil. Add onions and sauté until translucent. Add spinach, curry powder and paprika. Toss the mixture to wilt the spinach. Season with salt and pepper. Add the roasted pumpkin to the sautéed mixture and toss to coat. Serve immediately.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
100	7g	0.5g	10g	2g	2g	85mg