



West African Sesame Spinach

Spinach is a great spring vegetable high in folic acid. Folic Acid prevents Alzheimer's, depression, bipolar disorder and many birth defects.

Sesame seeds were introduced to the United States from West Africa during the Transatlantic Slave Trade. These mighty seeds are great for reducing symptoms of arthritis, high blood pressure, migraines, PMS and are also calcium rich. Eat well and Be well!

- 2 pounds fresh spinach
(use 1 lb if frozen)
- 1 red bell pepper
- 1 onion
- 3 cloves garlic, chopped fine
- 2 tbsp sesame oil
- Dried crushed chilies,
to taste
- 1 tbsp sesame seeds
- 2 tsp onion powder
- Salt, to taste

Wash spinach. Slice both the bell pepper and onion into thin slices.

Over medium heat, sauté the pepper and onion in the sesame oil until soft. Add the garlic and sesame seeds.

Add the spinach, cooking until it has wilted down, but still has a strong green color. (Not dark grayish green.) Add spices and salt.

Garnish with sesame seeds.
Enjoy!