

Dr. Robinson always suggests eating greens for eye health. Greens like spinach, kale and collards contain lutein which helps protect against macular degeneration, the leading cause of blindness in Western Society. This savory and sweet spinach dish is a quick and easy recipe that packs a punch fit for Popeye and is sure to become a family favorite.

SPICY SPINACH WITH PINE NUTS, GARLIC AND CURRANTS

Serves 4 as a side dish

INGREDIENTS:

- 1 box pre-washed baby spinach
- 1/4 cup pine nuts
- 1/4 cup zante currants
- 1 teaspoon red pepper flakes
- 1 medium to large clove garlic, sliced thin lengthwise
- 1 tablespoon extra virgin olive oil
- Salt, to taste
- Lemon, cut into wedges, for serving and garnish

PROCEDURE:

1. Place medium saute pan over medium heat. Sprinkle salt to create a non stick effect and heat for 30 seconds
2. Add olive oil and heat for a minute
3. Add pine nuts, currants and red pepper flakes. Stir. When currants are plump, add spinach.
4. When spinach is starting to wilt, add garlic, making sure not to burn, about one minute.
5. Sprinkle with salt and toss to combine. Remove from heat.
6. Serve with a lemon wedge

Shana Robinson is a graduate of the Natural Gourmet Institute in New York City. She's an avid cook and cupcake baker. You can follow her on twitter @ChefShanaRachel or read more at Knifestylesofthefitandfabulous.blogspot.com.