Chilled Sesame Spinach

*From – wholeliving.com*

course salt
2 lbs spinach, stems trimmed, washed
1 ½ Tbsp toasted sesame oil
1 ½ Tbsp soy sauce
1 ½ Tbsp rice vinegar
1 ½ Tbsp mirin (rice wine)
3 Tbsp sesame seeds, toasted

• Prepare an ice-water bath; set aside.
• Bring a large pot of water to a boil; season with salt.
• Add spinach and cook just until wilted, about 30 seconds.
• Drain immediately in colander and plunge into prepared ice bath.
• Let spinach cool completely, about 30 seconds, and drain again.
• Coarsely chop spinach and place in a medium bowl. Set aside.
• In a small bowl, whisk together sesame oil, soy sauce, rice vinegar and mirin.
• Add dressing and sesame seeds to the spinach; mix to combine.

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