

## **Spinach (& Sweet Potato/Butternut Squash)**

### **Ingredients**

100g/4oz spinach leaves

1 large sweet potato\* or 1 medium butternut squash (approx. 450g/1lb)

\* may need to count as exchanges

### **Method**

1. Wash the spinach leaves carefully, removing the coarse stalks.
2. Either steam the spinach or put in a saucepan and sprinkle with a little water.
3. Cook until the leaves are wilted (approx. 3-4 minutes).
4. Gently press out any excess water.
5. Good combined with sweet potato or butternut squash (as per individual recipes).