

Healthy Eating Healthy Living

Vel Scott

Spinach, Pepper and Potato Stir-Fry

Serves 4

Ingredients:

**3 pounds of fresh spinach
2 tablespoons of extra virgin olive oil
2 cups of cooked chopped white potatoes
2 large red bell peppers (chopped)
2 large yellow bell peppers (chopped)
1 large white or red onion (chopped)**

Preparation:

Preheat skillet on medium heat and add oil. When oil is hot, add all of the chopped ingredients (peppers, onion and potatoes), saute about 3 to 5 minutes. Add the chopped spinach to the mixture, and cook spinach until the leaves are wilted (don't over cook!), about 5 to 7 minutes.

Serve immediately.

Enjoy!