

Sauteed Spinach with Fennel and Onions (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

Serves 4

2 Tsp extra virgin olive oil

1 medium onion, sliced into thin crescents

1 medium-size fennel bulb

1-3 Tbsp water

2 lbs fresh spinach (about 8 cups, chopped)

salt to taste

freshly ground black pepper to taste

lemon wedges

Lin a large skillet with a lid, heat 1 tsp of the olive oil over medium heat. Swirl to coat pan. Add sliced onions and sauté for 10 minutes, until softened and very lightly caramelized.

While onions are cooking, prepare fennel. Cut off top stalks and discard (or save for vegetable stock or chop into salad). Slice bulb in half vertically and cut each half into ¼-inch wide strips. Cut strips in half crosswise, so that they are 1 ½ to 2 inches long. Add to onions and stir to combine. Add 2 Tbsp water and cook, covered, over medium heat for about 5 minutes, stirring occasionally. Fennel should be tender.

Meanwhile, wash spinach well and drain it in a colander. Discard thick stems and coarsely chop the leaves. Add spinach to fennel and onion mixture. Cover and cook for 3-5 minutes, until spinach is wilted. If mixture seems dry, add 2 more Tbsp water.

Season with salt and pepper and drizzle with remaining tsp olive oil. Squeeze a bit of lemon juice on top for added zip.