

5
min

cooking
time

10
min

quantity

1
serving

« Let's cook by a skillet! »

Ingredients

1 bunch of Spinach
1/4 Onion
2 pieces Bacon
1/2 sausage
1/2 teaspoon garlic
1/2 cup milk
1 teaspoon flour
Cheese to taste

(About 30g)

How to Cook

Preparation

1. Cut spinach into bite-size then wash it thoroughly. Drain well.
2. Peel the onion and cut it vertically.
3. Cut the bacon and sausage into bite-size.



Let's cook! (Skillet Version)

1. Heat up the pan and put some oil in then add the garlic in.
2. Apart from spinach, stir fried all the other ingredients.
3. When the onion is turning golden, put in the flour. Mix well.
4. Add in spinach. Cook till the leaf is well cooked.
5. Add in milk. Stir until the sauce is thickened.
6. Add the cheese on top and stir well. It's ready to eat!



You can put salt and pepper and consomme if you like.

Enjoy!

Nutritional Composition Table (content per serving)

protein	14.8g
calcium	297mg
iron	2.4mg
vitamin C	31mg

279
kilocalories

Comments on This Recipe

Spinach That Was Harvested at Kinugasa Farm!

- Ms. Takebe, a nutritionist at the co-op, gave us some advice about the recipe that the student thought of!
- Spinach has excellent nutritional value in green and yellow vegetables!
- Fresh spinach is dark color and the its tip firm. Salads are fine, if you have just harvested!
- It has a lot of good things for your health (e.g., prevention of anemia, skin beauty, cancer prevention, osteoporosis prevention)!

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« Let's cook by a microwave and a toaster! »

Ingredients

1 bunch of Spinach
1/4 Onion
2 pieces Bacon
1/2 sausage
1/2 teaspoon garlic
1/2 cup milk
1 teaspoon flour
Cheese to taste

(About 30g)

How to Cook

Preparation

1. Cut spinach into bite-size then wash it thoroughly. Drain well.
2. Peel the onion and cut it vertically.
Cut the bacon and sausage into bite-size.



Let's cook! (Microwave/Toaster Version)

1. Put all the ingredients that were cut earlier into heat resistant plate and microwave it for 2 minutes.
2. If the onion is transparent, put in the flour and mix well.
3. If there is no clump in the plate, mix in the milk. A little by little.
4. Microwave for 2 minutes or until the sauce is thicken.
5. Put the cheese on top and toast in toaster for 5-7 minutes at 1000 w. It's ready to eat!

Enjoy!

It's good even if you put it on bread and bake it!



Nutritional Composition Table (content per serving)

protein	14.8g
calcium	297mg
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