



Spinach and White Beans with Ginger, Orange, and Sesame Dressing (Makes 4 Servings)

¼ cup low-sodium chicken broth

8 cups baby spinach

½ cup cooked white beans

1/8 teaspoon kosher salt

1/8 teaspoon freshly ground black pepper

¼ cup Ginger, Orange, and Sesame Dressing (recipe below)

1. Heat a skillet over medium high. Add the broth and spinach. Allow the spinach to wilt and the broth to reduce slightly.
2. Stir in the beans, salt, and pepper and cook to reduce the broth by at least half the volume.
3. Toss the spinach mixture with the dressing and serve

Nutritional Information Per Serving: Calories 68, Protein 4g, Carbs 13 g, Fiber 4g, Total fat 1g, Sat. fat 0g. Sodium 285 mg

Ginger, Orange, and Sesame Dressing (Makes 1 cup)

1 Tablespoon pure sesame oil

2 tablespoons minced shallots

1 garlic clove, minced

1 tablespoon minced ginger

2 teaspoons orange zest

¼ teaspoon arrowroot

¼ cup low-sodium chicken broth

¼ cup fresh orange juice

¼ cup rice wine vinegar

1 tablespoon reduced-sodium soy sauce

½ teaspoon kosher salt

½ teaspoon black pepper

1. Heat the sesame oil in a sauté pan over medium heat. Add the shallot, garlic, and ginger and sauté until soft. Add the orange zest and set aside.

2. Stir the arrowroot with 1 teaspoon of chicken broth to form a paste. Bring the remaining broth, the orange juice, and vinegar to a boil.

3. Add the soy sauce and the arrowroot paste. Allow the mixture to boil until thickened and reduced slightly, stirring constantly. Remove from the heat and whisk in the salt, pepper, and reserved ginger mixture. Use warm as a sauce or allow to cool and use as a dressing.

Nutritional Information Per Serving: calories 16, protein 0 g, carbs 2 g, fiber 0 g, total fat 1 g, sodium 110 mg