

Ingredients:

- Nonstick spray
- 1/2 teaspoon orange zest
- 2 tablespoons orange juice
- 1 tablespoon sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 bunches radishes, cut into thinly sliced rounds (about 8 oz)
- 2 cups spinach leaves
- 2 tablespoons sliced almonds



Directions:

1. Spray large skillet with nonstick spray. Heat pan over medium high heat.
2. Add orange zest, orange juice, sugar, salt, pepper and radishes to pan. Cook for 9 minutes stirring occasionally.
3. Add spinach leaves and cook for 1 minute more or until leaves are slightly wilted.
4. Garnish with almonds and serve immediately.

Nutrition Facts (Per Serving)

Calories, 100; Carbohydrates, 15 g; Protein, 2 g; Total Fat, 3 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Total Sugars, 3 g; Sodium, 210 mg; Calcium, 100 mg; Folate, 142 mcg; Iron, 2 mg.
Makes 2 servings, approximately 1 cup per serving.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.