DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: JAYDEN TAYLOR				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☒ Side Dishes	☐ Healthy Desserts
COUNTY	UPSHUR			
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior	

Name of Recipe: Simple Spinach Saute		
Prep Time: 5 Minutes	**Cook Time:** 7 Minutes	**Cost:** $7.91

Type Recipe Here:

Simple Spinach Saute

Ingredients

20 ounces fresh Spinach

2 Tablespoons extra virgin olive oil

3 Tablespoons minced garlic

1 Tablespoon lemon juice

1/2 teaspoon salt and pepper

1 teaspoon red pepper flakes

2 Tablespoons shredded Parmesan cheese

2 Tablespoons sliced almonds

Instructions

Heat a large skillet on medium heat. Add oil and garlic. Saut'e garlic 1 minute.

Add spinach and cook covered 3-5 minutes or until wilted. Add lemon, salt, pepper and red pepper flakes. Stir to combine all ingredients. Remove from heat and top with parmesan cheese and almonds.

Makes 5 servings.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020