

## Sautéed Spinach with Garlicky Roasted Tomatoes and Portobellos

Although there are a handful of steps to this dish, it really does come together quickly and the colorful ingredients make a beautiful presentation. Check out the option for a one platter meal at the end of the recipe.

1 lb fresh spinach, cleaned and dried  
6 cloves garlic, minced (\*use 1 T. in mushroom marinade)  
1 pint cherry tomatoes  
3 - 4 portobello mushrooms  
juice from half a lemon  
olive oil  
sea salt & freshly ground pepper

### Mushroom Marinade

1 - 2 T. olive oil  
1 T. fresh thyme leaves  
2 t. balsamic oil or lemon juice  
1 T. minced garlic

Mushrooms:

Preheat oven to 450 deg. F. or preheat grill to high heat.

Mix the marinade ingredients together. Cut off the stem of the mushroom, remove the gills on the underside by scraping with a spoon. Coat the whole mushrooms with the marinade. (I mix the marinade ingredients in a larger bowl, then add the mushrooms and gently mix in there, then cover and let marinate. Or, place mushrooms and marinade in a plastic ziplock bag. Gently shake to coat, then let marinate in the bag. Marinate for 30 minutes. Don't let them go too long, as it may make the texture more mushy.

If grilling, place the mushrooms on the hot grate. Grill on each side for about 5 - 7 minutes.

If roasting,

Slice about 1/2" thick. Set aside until ready to assemble dish.



Tomatoes:

Preheat oven to 450 deg. F. or preheat grill to high heat.

If roasting the the cherry tomatoes, I like to slice them in half before roasting. They could be left whole. If grilling, leaving them whole will make it much easier.

Either way, toss them with a bit of olive oil (1 t.) to coat. Sprinkle with 1 - 2 T. minced garlic. Spread them in a single layer on a grill pan, or on a rimmed cookie sheet if roasting them.

Use a grill preheated to high. Grill until blistered and beginning to burst, about 5 minutes.

If roasting in the oven and they're halved, cook until blistered and starting to see a few brown spots - about 10 - 15 minutes. If whole, about 20 - 25 minutes until blistered and starting to burst. Set aside until ready to assemble the dish.

Sautéed spinach:

Wash and dry spinach. In the largest frypan or saute pan you own or in a wok, heat 1 t. olive oil. Add the remaining garlic. Sprinkle with a bit of sea salt, and cook for a minute. Add spinach in handfuls, using a tongs to incorporate the garlic. Keep adding as space allows. If it all fits, you can add it all at once. As soon as you have it all in the pan, sprinkle with salt & freshly ground pepper, cover it and turn off heat. Let sit for a few minutes to allow the spinach to cook. I prefer this to be very quick, rather than a long saute where the spinach almost melts. Sprinkle the lemon juice over the spinach and stir it in so it's incorporated.

On a large platter, spread the spinach. Shake it a bit as you remove it from the pan so the liquid stays behind. (You could even put it on a kitchen towel before plating it, if you like it drier). Sprinkle the tomatoes over the top, then layer the sliced mushrooms down the middle.

Ideas to add additional nutrients:

Sprinkle 1 - 2 T. toasted sesame seeds over the platter before serving

Roast 1-1/2 cups of garbanzo beans while roasting everything else. Toss them in a bit of olive oil, add some garlic, spread evenly on a rimmed cookie sheet and roast in a 450 deg F oven until crispy. I would layer this on the spinach before the tomatoes. This would make a complete, one platter meal.

Use roasted red pepper strips rather than (or with) cherry tomatoes.

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