Ingredients:
- 1 1/2 pounds baby spinach leaves
- 2 tablespoons good olive oil
- 2 tablespoons chopped garlic (6 cloves)
- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- Lemon
- Sea or kosher salt, optional

Directions:
1. Rinse the spinach in cold water. Dry spinach, leaving just a little water clinging to the leaves.
2. In a large pot, heat the olive oil and sauté the garlic over medium heat for about 1 minute, but not until it's browned.
3. Add the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes.
4. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a spoon, until all the spinach is wilted.
5. Using a slotted spoon or tongs, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.

Yield: 6 servings
Prep: 6 min
Cook: 4 min
Total Time: 10 min

Nutrition Info:
Calories: 109; Total Fat: 6g; Sat Fat 2g; Chol: 5mg; Sodium: 821; Carbs: 13g; Fiber: 5.5g; Protein: 3g

Our program is moving towards bringing Support Group back and would like your input to help us prepare.

We would like to know:
1. From the list below, which do you find most beneficial in a support group (top 3):
   - Learning about coping skills and strategies.
   - Socializing with others who are also living with diabetes.
   - Expressing emotions related to living with diabetes.
   - Learning more about healthy living from our team.
   - Getting new recipes & ideas for meals/snacks.
   - Other
2. Do you prefer participating in a support group through Zoom or In Person?
   - Are you able to access Zoom?
3. Which days (Monday, Tuesday, or Friday) would you be able to participate?
4. Which time of day is best for you?
   - 7-8 AM, 12-1PM, or 6-7PM
5. How do you like to learn?
   - Hands-on, practice
   - Reading materials, handouts
   - Images, videos
   - Listening
   - Other

Send your feedback responses, suggestions or questions by emailing Taiya.Baldy@uihs.org or by calling 707-825-4144.

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Spinach is in season October through June and is one of the most nutritious vegetables. It’s high in iron, which helps build red blood cells. Red blood cells carry oxygen through the body and provide energy. Spinach is also high in chlorophyll and carotenoids. These chemical compounds are known for their ability to fight disease, improve eye sight, and perhaps even prevent or treat certain cancers. It’s also a good source of vitamin A, vitamin K, and vitamin C.

Spinach is easy to grow in a garden and grows best during cool, rainy spring weather.

10 Minutes Side Dish!

Garlic Sautéed Spinach

Spinach juice was added to wine and given to soldiers who had been injured during World War I. The reason: Spinach is good for building blood!

Four benefits of seasonal eating
1. It’s better for your health. Produce grown in its peak season has shown to be more rich in nutrients.
2. Better tasting.
3. Shopping locally grown produce helps support smaller businesses and local economy.
4. When a fruit or veggie is in season, it’s abundant and likely to be available at a lower price.

Fun Fact!

Spinach was used to build blood in soldiers during World War I. The reason: Spinach is good for building blood!

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