

# Cheera Mezukkuparati - Spinach Stir-fry

Toward the end of the monsoon season in Kerala, a colorful purplish-maroon variety of spinach (*cheera*) becomes widely available. A quick stir-fry is all it needs to bring forth the intense color and flavor of the spinach. Malayalees eat SPINACH STIR-FRY with rice and yogurt-based dishes and lentils, but it also makes a nutritious side salad with grilled fish or meats.

## Ingredients (To serve 4)

- Spinach - 1 lb / 450 gm
- Shallots - 6
- Garlic cloves - 4
- Olive oil - 1 tbsp
- Whole dried red chilies - 4
- Salt - ½ tsp

## Utensils

- Colander
- Medium wok

## Preparation (5 minutes)

1. Wash the spinach in the colander.
2. Tear the spinach into smaller pieces, removing thick stems.
3. Peel and mince the shallots.
4. Peel and mince the garlic.

## Cooking (5 minutes)

1. Heat the oil in the wok over high heat.
2. Add the shallots to the hot oil and sauté until golden brown.
3. Add the garlic and whole red chilies. Sauté until the garlic is golden brown.
4. Add the spinach and stir-fry, until the spinach just wilts.
5. Season with salt.

**Serve:** Hot.

**Note:** Spinach contains a lot of water, so drain away excess liquid from the finished dish. Swiss chard has a strong flavor similar to Kerala spinach and makes a good substitute.

### Nutrition Information

	(per serving)	%DV
Calories	88	4 %
Carbohydrates	12 gm	4 %
Protein	5 gm	10 %
Fat	4 gm	6 %
Cholesterol	0 mg	0 %
Sodium	390 mg	16 %
Fiber	4 gm	16 %
Calcium	132 mg	13 %
Iron	4 mg	22 %