

Everything
Herbal
by Cheryl Jabz

SESAME SPINACH

with Ginger

A CLASSIC JAPANESE HERBAL RECIPE

A quick and nourishing side dish featuring tender spinach, aromatic ginger, and toasted sesame seeds. Light, flavorful, and packed with vitamins, minerals, and natural goodness.



INGREDIENTS

- 1 lb fresh spinach
- 1 tbsp fresh ginger, grated or finely minced
- 1 tbsp sesame oil
- 1 clove garlic, minced
- 1 tbsp soy sauce (or tamari)
- 1 tbsp rice vinegar
- ½ tsp honey or maple syrup (optional)
- 1 tbsp toasted sesame seeds
- 2 green onions, sliced (optional)
- Pinch of sea salt



GARNISH (OPTIONAL):

- Extra sesame seeds
- Green onion
- Red pepper flakes

Simple
ingredients,
big flavor &
beautiful
benefits!

BENEFITS

- 🌿 Spinach is rich in iron, calcium, vitamins A, C, and K.
- 🌿 Ginger supports digestion, reduces inflammation, and boosts immunity.
- 🌿 Sesame seeds provide healthy fats, calcium, and antioxidants.
- 🌿 A light, plant-based dish that supports heart and bone health.
- 🌿 Low in calories and ready in minutes!



DIRECTIONS

- 1 Bring a pot of water to a boil. Add spinach and blanch for 30–60 seconds until just wilted.
- 2 Drain and immediately rinse with cold water. Squeeze out excess water and chop lightly if desired.
- 3 Heat sesame oil in a skillet over medium heat.
- 4 Add garlic and ginger. Sauté for 30 seconds until fragrant.
- 5 Add spinach and stir well to combine.
- 6 In a small bowl, whisk together soy sauce, rice vinegar, and honey (if using). Pour over spinach and toss to coat.
- 7 Sprinkle with toasted sesame seeds and green onions. Serve warm or at room temperature.



CHERYL'S TIPS

- 🌿 For extra flavor, toast the sesame seeds in a dry pan until golden.
- 🌿 Add a pinch of red pepper flakes for a gentle heat.
- 🌿 Great with rice, noodles, or grilled fish or chicken.
- 🌿 Enjoy right away for best texture and flavor.



Psalm 104:14 (KJV)

"He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth."



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