

Spinach Stir-Fry with Yellow Squash



Ingredients:

2-3 tbsp extra virgin olive oil
1 sweet onion, sliced thinly
3-4 cloves garlic, sliced thinly or minced
1/2 tbsp fresh ginger, minced
4-5 cups yellow squash, sliced into half moons 1/4 inch thick
1/2 bunch spinach, chopped leaves and stems
1/2 cup chicken stock
soy sauce to taste
1-2 tbsp butter
chives or favorite herb, chopped to taste

Method: : In a large sauté pan over medium high heat. Add oil and onions. Cook 3-4 minutes. Add garlic and ginger. Cook 1-2 minutes. Add squash and greens. Cook 4-5 minutes. Add chicken stock. Cook until squash is tender about 4-5 minutes more. Remove from heat. Add soy to taste. Stir in butter until melted. Garnish with the chopped chives or favorite herb.