



Healthy Spinach Baked (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- **For the spinach white sauce:**
- -1 cup finely chopped and boiled cauliflower or dudhi
- -1 cup chopped & blanched spinach
- - $\frac{1}{2}$ tsp butter
- -1 tbsp jowar flour
- - $\frac{1}{2}$ cup milk
- -Salt and pepper powder to taste
- -1 tsp garlic paste (optional)
- Other Ingredients
- -1 cup mixed chopped & boiled (carrot, French beans, broccoli)
- - $\frac{1}{2}$ cup chopped onion
- - $\frac{1}{2}$ tsp green chilli paste
- -Salt & pepper powder to taste
- -1 tsp oregano
- - $\frac{1}{2}$ oil for cooking

Preparation Method

- **For the spinach white sauce:**
- 1. Blend the blanched spinach & boiled cauliflower or dudhi into a smooth paste. Keep aside.
- 2. Heat the butter in a non-stick pan on medium flame and saute the jowar flour for 2 minutes, stirring continuously. Add milk and mix well. Add the prepared spinach puree and mix well. Cook on medium flame for 2 minutes. Add salt & pepper powder and bring to a boil. Remove from flame and keep aside.
- **How to proceed:**
- 1. Heat the oil in a pan and add onions and green chilli paste and saute on medium flame for 2 minutes.
- 2. Add rest of the ingredients and saute for 2 - 3 minutes.
- 3. Place this vegetable mixture on the base of the serving dish and top with prepared spinach white sauce. Serve hot.