

Cooked Spinach With Goat Cheese

(adapted sag paneer recipe)

8 cups (two 5 oz. packages) of raw spinach
3 Tbsp olive oil
2 Tbsp garlic diced
1 tsp cumin seeds (or ground cumin)
1 tsp black mustard seeds (or yellow if you can't find black)
1 tsp nigella seeds (optional)
1 cup diced goat feta or sheeps cheese
salt and pepper to taste
fresh mint (optional)

Sauté garlic in oil until golden. Add cumin and mustard seeds. Add cheese and raw spinach. Cook together until spinach is wilted. Season with salt and pepper (remember that feta cheese is already very salty). Add fresh mint. Serves four.