

Steamed Amaranth Leaves with Garlic

This tastes amazingly like alugbati, a native edible vine, whose leaves are also of the same color as the amaranth. It has an intense smoky sweet spinach flavor and can therefore be substituted for any spinach dish.

- 300 g bunch of fresh amaranth leaves
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon finely chopped garlic
- Salt to taste

Place leaves in a steamer for 2 minutes or until leaves wilt and shrink to about a fourth of its original quantity.

Heat butter, salt and garlic in a saucepan on low heat, just until garlic starts to sizzle and salt dissolves. Garlic should not change color.

You may either remove garlic from the oil or leave it in (I leave it in), then add the steamed amaranth.

Nutrition: The cooked leaves contain about 8% protein, 4% carbohydrates and are rich in calcium, iron and vitamins B and C in higher concentrations than spinach. For example, only 47 g of cooked leaves contains 100% of the minimum daily requirement of Vitamin C.