

ON THE SIDE

simple sides under 150 calories each

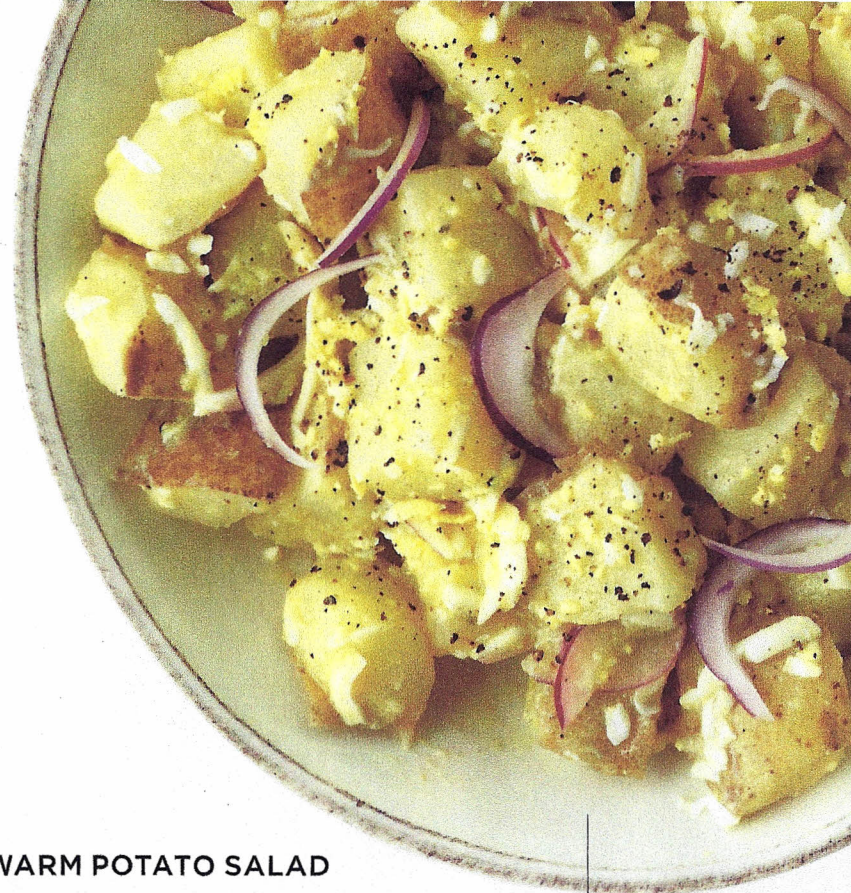
CHILE-GARLIC SPINACH

In a large skillet, heat 2 teaspoons vegetable oil over medium-high. Add 1 small red chile, such as Fresno or serrano, thinly sliced, and 1 garlic clove, thinly sliced, and cook until fragrant, 30 seconds. Gradually add 10 ounces spinach (10 cups) and cook, tossing constantly, until wilted, 1 to 2 minutes. Season with coarse salt. Serve with lemon wedges.

SERVES 4

per serv: **42 cal**; 3 g fat (0 g sat fat); 2 g protein;
4 g carb; 2 g fiber

GOOD WITH
broiled fish,
baked chicken,
or sautéed
shrimp



WARM POTATO SALAD

Set a steamer basket in a saucepan with 1 inch simmering water. Add 1 pound russet potatoes (about 2), cut into 1-inch pieces, cover, and steam until potatoes are tender, 15 to 18 minutes. Transfer potatoes to a medium bowl and add 2 teaspoons extra-virgin olive oil, 2 tablespoons red-wine vinegar, and 1 teaspoon Dijon mustard; toss to combine. Using the large holes on a box grater, grate 1 hard-cooked large egg into potatoes. Add ½ small red onion, thinly sliced, season with coarse salt and ground pepper, and toss to combine. **SERVES 4**

per serv: **137 cal**; 4 g fat (1 g sat fat); 4 g protein;
22 g carb; 2 g fiber

GOOD WITH
pork chops, salmon
burgers (page 41),
or chicken cutlets