

CHINESE SPINACH : LARGE LEAVES FRIED



Requires an 8-9" nonstick skillet per portion, or do two side by side in an electric skillet.

Gently wash some of the larger [Chinese Spinach](#) leaves.

Melt enough butter in the skillet on low-medium heat to cover the bottom.

Lightly coat the leaves in flour (or lo carb Urad flour).

Sauté the leaves in butter for a few minutes on each side until they start to brown.

Remove them from the pan to a paper towel to drain.

They will be crispy—and be careful, as they are fragile.

Serve as a garnish to eggs in the morning, or to enhance any lunch or dinner menu.