Basic Sautéed Spinach

Ingredients:

- 1 Tablespoon olive oil
- 1-2 cloves of garlic, minced
- 20 ounces of fresh spinach (or 10 oz of frozen spinach)
- 1 Tablespoon fresh or bottled lemon juice (optional)
- Pinch salt

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Directions:

1. Heat oil in a large skillet over medium heat.
2. Add garlic and cook until it just begins to turn brown.
3. Add spinach, cover and cook until wilted (about 3-5 minutes).
4. Remove from heat and toss with lemon juice and salt. Let cool before serving.

Tip: 10 ounces of frozen spinach may be used instead of fresh. Thaw the spinach and drain well before adding to garlic and oil. Cook until hot.