

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

continued on back ➔



Basic Sautéed Spinach continued



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.