



garlic sautéed spinach

takes
15
minutes

ingredients

3 cups spinach leaves
2 tablespoons olive oil
4-6 cloves garlic, minced
2 teaspoons salt
½ teaspoon black pepper
Pinch nutmeg—optional
Juice of ½ lemon—optional

directions

Clean spinach well and pat or spin dry (in a salad spinner).

Heat a large saucepan over medium heat and add the oil.

Add the garlic and sauté about 1 minute.

Add the spinach, salt and pepper (and nutmeg if desired) and cover the pot.

Cook for 1-2 minutes and then uncover and stir a little longer until all the spinach is wilted.

Turn off heat and add lemon juice if desired.

Serve hot or cold.

nutrition facts

Serving Size 71g			
Amount Per Serving			
Calories	80	Calories from Fat	62
% Daily Value*			
Total Fat	6.8g		11%
Saturated Fat	1.0g		5%
Trans Fat	0.0g		0%
Cholesterol	0.0mg		0%
Sodium	1196.7mg		50%
Total Carbohydrate	4.6g		2%
Dietary Fiber	1.8g		7%
Sugars	0.4g		
Protein	1.5g		
Vitamin A	55%	Calcium	6%
Vitamin C	40%	Iron	9%

*All percentages are daily value based on a 2000 calorie diet

serves
4
people



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