

Garlic Sautéed Spinach (ME)

Cook Time: 7 minutes

Yield: About 1 Cup
About 1/2 Cup per Serving
60 Calories per Serving

Ingredients

- 4 Cups Fresh Baby Spinach
- 2 Cloves Garlic, chopped
- 1 1/2 Tbsp Extra Virgin Olive Oil
- Freshly Ground Sea Salt
- Freshly Ground Pepper
- 2 Lemon Wedges

Directions

1. In a medium frying pan over medium heat warm Garlic, Olive Oil, Salt and Pepper. Cook for about 2 minutes until you can smell the cooking garlic.
2. Place all Spinach on top of Garlic mixture, and let cook down for about 30 seconds. Stir Garlic and Spinach together and let cook for another 30 seconds to a minute while still stirring. Just enough to warm and wither the spinach but leave it bright green.
3. Serve immediately while warm and squeeze one lemon wedge over the top of each serving to add brightness to the flavor. Note: This recipe serves 2, and you can easily multiply as needed with the rule of thumb that 2 Cups of Fresh Spinach when cooked down makes one serving. Enjoy!

<http://www.urbansacredgarden.com/garlic-sauteed-spinach-me/>