

SAUTÉED SPINACH

Ingredients

- 1 pound baby spinach
- 2 tablespoons extra virgin olive oil, plus more for optional garnish
- 3 large garlic cloves, minced
- ½ teaspoon red pepper flakes
- ½ teaspoon fine sea salt
- ½ teaspoon black pepper
- 1 lemon wedge
- 3 tablespoons shredded Parmesan cheese

Directions

1. Rinse the spinach well and dry with a towel or in a salad spinner.
2. Heat olive oil over medium-low heat in a large, deep pan. Add the red pepper and garlic, cooking for 1 minute.
3. Add the spinach, salt, and black pepper. Cover with a lid and cook for 1–2 minutes.
4. Take the lid off, stir the spinach, and cook, stirring, for 1–2 minutes or until wilted.
5. Use a slotted spoon to transfer the spinach onto a serving dish. Squeeze lemon juice, garnish with cheese, and drizzle with olive oil, if desired.

20 MINUTES | SERVES 6

Nutrition Facts

63 calories | 5g fat | 1g saturated fat | 239mg sodium | 4g carbohydrate | 2g fiber | 0g sugar | 2g protein