

Sautéed Spinach with Garlic

Prep Time: 5 min

Cook Time: 5 min

Servings: 4

One of the first fresh vegetables of the growing season is fresh spinach. This hearty green is full of nutrients and is so versatile. Sautéed Spinach with Garlic is delicious and quick to make. It pairs well with any protein as a side, can be mixed into eggs for breakfast, or stirred into any pasta dish. Picking up a bag of spinach is a great way to celebrate spring.



Ingredients

- 1 pound of baby spinach
- 2 Tbsp olive oil
- 2-3 cloves garlic, minced
- 1 Tbsp lemon juice
- salt & pepper, to taste

Steps

1. Wash spinach and spin/pat dry.
2. Heat oil in large skillet over medium heat.
3. Add minced garlic and cook until fragrant, about 2 minutes
4. Add spinach, and 1 tablespoon over water. Cover and cook until slightly wilted, about 2 minutes. Season with salt & pepper and stir, continue cooking an additional 1-2 minutes until heated through and evenly cooked.
5. Remove from heat, add lemon juice, stir to combine.
6. Serve hot.