

Easy Sautéed Spinach

PREP TIME: 10 MIN | COOK TIME: 5 | SERVINGS: 4

INGREDIENTS:

- 2 large bunches of Spinach
- 2 tbsp vegetable oil
- 3 cloves of garlic
 - OR 1 tbsp minced garlic
- salt to taste

RECIPE NOTES:

- To add quick protein: Serve with a side of tofu, egg or chicken!
- Add any extra seasonings like a squeeze of lemon, soy sauce, parmesan, or some garlic powder for more flavour!

DIRECTIONS:

- Cut off the stems of the spinach and clean with water. Drain any excess water once cleaned.
- Heat oil in a pan on medium to high heat. Add in your garlic and sauté for about 30 seconds or until the garlic begins to brown.
- Add in your spinach. Use a spatula or tongs to turn it over in the pan so that it's evenly coated in the oil and garlic.
- Cover the pan and let the spinach cook for 1 minute. Uncover and toss the spinach in the pan before covering again and letting it cook for an additional minute.
- Remove the sautéed spinach from the heat and drain any excess liquid. Sprinkle with salt to taste and enjoy!



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