

Sautéed Spinach

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Recipe type: Sides, Gluten-Free, Low-Carb, Primal/Paleo, Vegan

- Prep and Cool time: 5 mins
- Cook time: 10 mins
- Total time: 15 mins
- Yield: 4 servings

Ingredients

- 1 tablespoon olive oil
- 2 tablespoons minced garlic
- 1 pound pre-washed baby spinach leaves
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- 1 teaspoon fresh lemon juice



Instructions

1. In a very large, deep pot, heat the olive oil over medium heat, about 4 minutes. Add the garlic and sauté 1 minute, until no longer raw, but not browned.
2. Add the spinach, salt and pepper, carefully mixing with a wooden spoon to coat in the olive oil. Cover, and cook 2 minutes. Uncover, increase heat to high, and cook 1 more minute, stirring with a wooden spoon, until all the spinach is wilted.
3. Using a slotted spoon, transfer spinach to a serving bowl and stir in the butter and lemon juice. Serve immediately.