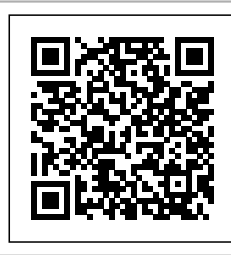


Garlic Sautd Spinach



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Recipe by: Laura Vitale

Serves 2

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 10 oz of Fresh Baby Spinach, washed and dried

__ 3 Cloves of Garlic, Minced

__ 1 Tbsp of Olive Oil

__ Salt and Pepper to taste

__ Pinch of Hot Pepper Flakes

1) In a large skillet with high sides, add the oil and garlic and let it preheat over medium-high heat, allow it to cook until the garlic becomes fragrant and lightly golden.

2) Add the spinach, turn the heat down to medium low and place a lid on the pan for 1 minute.

3) Remove the lid and crank the heat up to medium-high, season with salt and pepper and give everything a good toss.

4) Turn the heat off and finish them off with a squeeze of fresh lemon juice.

