

Easy Sauteed Spinach

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Servings: 4

2 tablespoons unsalted butter

2 tablespoons canola oil

1/4 cup garlic cloves, thinly sliced

2 bags (10 ounce ea) fresh spinach

salt

crushed red pepper

lemon wedges (for garnish)

In a large skillet over medium heat, melt the butter and canola oil. Cook the garlic until just beginning to brown, about 2 minutes.

Add the two bags of spinach. Cook, stirring, until the leaves are wilted, 2 to 3 minutes. (You may need to add the spinach one bag at a time.)

Sprinkle with salt and crushed red pepper.

Serve with lemon wedges.

Per Serving (excluding unknown items): 127 Calories; 13g Fat (86.8% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 14mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fat.