

Fennel Spinach Saute'

Noelle Myers - Grand Forks ND

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Servings: 4

2 teaspoons olive oil

2 teaspoons butter

1 cup fennel bulb, thinly sliced

1/4 cup red onion, thinly sliced

1 clove garlic, minced

6 cups fresh baby spinach

1/4 cup fresh basil, minced

1/4 teaspoon salt

1/4 teaspoon pepper

In a large skillet, heat the oil and butter over medium-high heat. Add the fennel and onion. Cook and stir until tender.

Add the garlic. Cook for 1 minute longer. Add the spinach, basil, salt and pepper. Cook and stir just until the spinach is wilted, 4 to 5 minutes.

Per Serving (excluding unknown items): 50 Calories; 4g Fat (73.6% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.