Mackenzie Craft

Junior

Fruits/Vetables

UPSHUR

Simple Spinach Saute

Source: Dinner Tonight website (www.tamu.dinnertonight.edu)

Servings: 5
Prep Time: 5 minutes
Cook Time: 7 minutes

Ingredients

- 20 oz spinach fresh
- 2 tbsp olive oil extra virgin
- 3 tbsp garlic minced
- 1 tbsp lemon juice
- 1/2 tsp salt and pepper
- 1 tsp red pepper flakes
- 2 tbsp Parmesan cheese shredded
- 2 tbsp almonds sliced

Instructions

Heat skillet on medium high heat. Add oil and garlic. Sauté garlic for 1 minute.
Add spinach and cook covered for 3-5 minutes or until wilted. Add lemon, salt, pepper and red pepper flakes. Remove from heat and top with parmesan cheese and almonds.