

## Butter Lemon Spinach

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*This dish can be prepared in the microwave or over the stove in a skillet. See the chef's note for directions to make it in the microwave. It is simple, quick, and high in vitamins C and A!*

**Yields:** 6 servings

### Ingredients:

- 2 (10 ounce) bags pre-washed fresh spinach
- 2 Tbsp garlic, minced
- 3 Tbsp olive oil or butter (or a combination of both, 1.5 Tbsp each)
- 2 Tbsp fresh lemon juice

### Instructions:

1. Heat the olive oil or butter (or a combination of both) in a large skillet over medium heat. Once heated, add the spinach, one handful at a time. Stir the spinach and allow it to wilt down before adding another handful. Repeat until all spinach has been added and wilted down.
2. Push spinach out of the center of the pan; add garlic to the center and saute for 1 minute until the garlic becomes fragrant (but not burned).
3. Add lemon juice to the skillet and stir to thoroughly combine. Serve hot.

**Chef's Note:** To microwave this recipe, simply add the spinach to a large microwavable dish. Place butter, garlic, and salt in the dish. Cover with plastic wrap and steam in the microwave for 2 minutes or until the butter has melted and the spinach has wilted. Remove the plastic wrap and toss to combine. Serve hot.

Per Serving: Calories 110, Carbohydrates 5g, Protein: 3g

Recipe was adapted and modified from Allrecipes.com