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# simple sauteed spinach

Recipe from **EatingWell.com**

Sauteed spinach (or any greens) with garlic and a squeeze of lemon (or vinegar) is a simple formula that lets spinach shine and will never go out of favor.

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**Servings:** 6 servings, about 1/2 cup each

**Prep Time:** 20 mins

**Total Time:** 20 mins

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## ingredients

savings in oklahoma city, 73104

2 tablespoons	extra-virgin olive oil
4 cloves	garlic, thinly sliced
20 ounces	fresh spinach, (see Note)
1 tablespoon	lemon juice
1/4 teaspoon	salt
1/4 teaspoon	crushed red pepper

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## directions

1. Heat oil in a Dutch oven over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve immediately.

## tips:

Note: Baby spinach is immature or young spinach—it's harvested earlier than large-leaved mature spinach. We like the sturdy texture of mature spinach in cooked dishes and serve tender, mild-flavored baby spinach raw or lightly wilted. Baby and mature spinach can be used interchangeably in these recipes (yields may vary slightly); be sure to remove the tough stems from mature spinach before using.

## Weights &amp; Measures:

10 ounces trimmed mature spinach=about 10 cups raw

10 ounces baby spinach=about 8 cups raw

## nutrition information

Per serving: Calories 68, Total Fat 5 g, Saturated Fat 1 g, Monounsaturated Fat 4 g, Sodium 172 mg, Carbohydrate 4 g, Fiber 2 g, Protein 3 g, Potassium 540 mg. Daily Values: Vitamin A 180%, Vitamin C 45%, Iron 15%. Exchanges: Vegetable 1, Fat 1 Percent Daily Values are based on a 2,000 calorie diet

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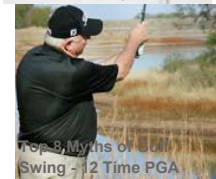
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