

SAUTEED SPINACH

INGREDIENTS

2 pounds spinach

2 tsp butter

fresh lemon juice

sea salt & pepper

garlic powder

PROCEDURE

Wash spinach and take off thick stems.

Melt butter in skillet then add spinach in and stir until wilted.

Add seasoning as desired.

Serve with a squirt of fresh lemon juice.

Could add garlic clove, onions or additional spices to pan for more flavor.

Can top with bacon crumbles, any type of cheese, nutritional yeast or slivered almonds.