
Sautéed Spinach

Serves 4 | **Prep time:** 5 minutes

Ingredients

- 2 tsp olive oil
- 2 cloves garlic
- 1 bag baby spinach
- Half a lemon
- Salt and pepper

Instructions

1. Heat the oil in a large pan, add the garlic and let it soften for about a minute.
2. add the spinach with salt and pepper and toss everything together.
3. Cover and cook on low for two minutes.
4. Uncover and stir for another minute until it's all wilted down.
5. Squeeze the lemon over the top before you serve it, and don't skip that part because the vitamin C in the lemon actually helps your body absorb the iron in the spinach.