



Sautéed Spinach

Serves 4

2 teaspoons olive oil
2 cloves garlic
1 bag baby spinach leaves
1 dash salt
1 dash black pepper
Fresh lemon

In a large cast iron pan heat olive oil. Add garlic and sauté for 1 minute. Add spinach, salt, pepper and toss with garlic and oil. Cover pan and cook on low for about 2 minutes. Sauté cook spinach for another minute, stirring frequently, until all the spinach is wilted. Squeeze fresh lemon juice on top. Serve & enjoy!

Tip: Enjoying the cooked spinach with the vitamin C in the “raw” lemon juice helps your body absorb more of the iron.

www.vitalizedwellness.com