

A CenFully Good Recipe from



Sauteed Spinach with Garlic

Ingredients

1 tablespoon extra-virgin olive oil
1 clove garlic, finely chopped
1 pound spinach, washed and stemmed, or 1 pound Swiss chard, washed, stems sliced, leaves torn
Salt & freshly ground pepper, to taste

Preparation

Heat oil in a large skillet over medium-high heat. Add garlic and stir until golden, about 30 seconds. Add greens in batches, if necessary, and toss until just wilted, 2 to 4 minutes. Season with salt and pepper.