

Uncategorized

- Sauteed Spinach with Garlic

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Ingredients

- 1 tbsp butter
- 1 tbsp olive oil
- 3 cloves minced garlic
- 10oz spinach

Instructions

1. Prep the spinach.
 1. Wash and dry.
2. Saute oil, butter, garlic
 1. medium-low heat, add oil and butter
 2. when butter is melted, add minced garlic
 3. swirl around, sprinkle salt and pepper over everything
 4. cook for 1-2 minutes until fragrant
3. Add the spinach
 1. place into the pan and toss it a bit to start to cook it
 2. use tongs to turn the spinach as it cooks
4. Cook until wilted
 1. keep turning occasionally
5. Season
 1. Season with more salt and pepper
 2. once done, remove it from heat

For meal prep, let it cool completely and then store it in an airtight container for up to 4 days.