



SPINACH SAUTE WITH GARLIC AND PARMESAN CHEESE

Basic Lifestyle

Ingredients

2 TSP olive oil
2 TSP crushed garlic
8 cups spinach leaves, washed
pinch of Morton's Lite Salt
freshly ground black pepper, to taste
2 TBS grated Parmesan cheese

Instructions

1. Heat the oil in a 10" skillet over medium-low heat.
2. Add the garlic and cook for 1 minute.
3. Add the spinach, pinch of salt and black pepper, and toss with the olive oil and garlic until the spinach just begins to wilt. Remove from the skillet, sprinkle with Parmesan cheese, and serve.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 cup = 2 V