



Braised Spinach

2 tsp olive or canola oil ¼ to ½ tsp garlic powder
1 tsp butter Salt and pepper to taste, optional
1 (10 oz) bag washed spinach Vinegar

1. Heat oil and butter in a large saucepot over medium-high heat.
 2. Add spinach and garlic powder, stirring often, until spinach is barely wilted and bright green, about 3 to 4 minutes.
 3. Season with salt and pepper, if desired. Serve with vinegar.
- Makes 4 servings.

Nutrition Facts per serving

Serving size: about 1 cup (1/4 recipe)

Total calories	45
Total fat	3.5 g
Total carbohydrate	3 g

Adapted from Epicurious.com at www.epicurious.com.



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