

## Sautéed Lemon Spinach

I have a few go to dishes that I rely on when I don't know what else to make, and this is my favorite go to side dish. It doesn't sound all that exciting, but it's got literally everything going for it: It's healthy, delicious, comes together in a flash, and it goes with everything. Oh, and it comes together with 4 ingredients. It's the perfect side dish when you want something elegant, but don't want to put in time or effort.

One thing about spinach or any tender leafy green is that it cooks down considerably when it hits the heat. So when you see this recipe calls for a whole pound of spinach, that is definitely not a typo.

It also cooks fast, so you need to get a big pan ready and continuously add the spinach while stirring. This whole thing comes together in about a minute, so make sure it is the very last thing you cook for your meal.

The longer you cook it, the more it will shrink down. While it's the same amount regardless, if you cook it too long, it will look like a very small amount of food, so keep this in mind if you're serving it for guests. I cook it until it just starts to wilt, stir until all of the spinach is coated in oil, and then immediately turn off the heat. That way it's tender and flavorful, but not slimy or unappealing in any way. A sprinkling of Colima Sea Salt and fresh ground pepper finishes it off nicely. Serve it with your favorite protein and maybe a baked potato for an easy and delicious dinner.

## Sautéed Lemon Spinach

Serves 4

Prep time: 5 minutes

2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil

2 cloves garlic, minced

1 pound baby spinach

Juice of half a lemon

Colima Sea Salt and fresh ground black pepper, to taste

### Directions:

In your largest skillet or sauté pan, heat the oil over medium heat. Add the garlic, and cook for about 30 seconds.

Add the spinach to the pan, while quickly stirring until all of the spinach is in the pan and coated with oil. Add the lemon juice, stir, and turn off heat. Sprinkle with Colima Sea Salt and fresh ground black pepper and serve immediately.