

# GARLIC SPINACH

**Garlic Spinach** is a quick, healthy side dish made by sautéing tender spinach with garlic and olive oil. It's ready in minutes and pairs well with grilled meats, pasta, or any main. The garlic enhances the spinach's flavor, making it a simple, go-to option for busy nights or light meals.

## Ingredients:

- 1-pound fresh spinach, washed and dried
- 3 garlic cloves, thinly sliced
- 2 tablespoons extra virgin olive oil
- Salt and pepper, to taste
- A squeeze of fresh lemon juice (optional)

## Method:

1. Heat the olive oil in a large skillet over medium heat.
2. Add the sliced garlic to the skillet and sauté for 1-2 minutes until fragrant and lightly golden, being careful not to burn it.
3. Add the spinach to the skillet in batches, stirring constantly until wilted, about 2-3 minutes.
4. Season with salt and pepper to taste and give it a squeeze of fresh lemon juice if desired.
5. Serve immediately.

**FAT-BURNING TIP:** Cooked spinach is a slow carb according to the Diet Free Life methodology. The recommended portion size is a cup for women, and 1 ¼ cup for men. Enjoy!