

# Sautéed Spinach

1 pkg (10 oz/284 g) frozen chopped spinach, thawed  
or 1 bag (6 oz) fresh spinach, steamed  
1 garlic clove, minced  
1 tsp olive oil

- Add oil to nonstick fry pan and heat on medium.
- Cook garlic until slightly brown, about 2 minutes.
- Add spinach and sauté for 5 minutes. Makes 2 servings.