

1-Minute Quick Boiled Spinach

submitted by 2jdominic



Per serving: 46 Calories • 1.2g Carbs (0.4g Fiber) • 4.6g Fat • 0.5g Protein

Ingredients

Ingredients scaled to: 2 serving

- 1 cloves, minced **Garlic** (3 grams)
- 1 cup **Spinach** (30 grams)
- 2 tsp **Olive oil** (9 grams)
- 1 tsp **Lemon juice** (5.1 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Use a large pot (3 quart) with lots of water. Bring water to a rapid boil.
2. While water is coming to a boil, press or chop garlic and let sit for at least 5 minutes.
3. Wash spinach.
4. When water is at full boil, place Spinach into the pot. Do no cover. Cook for 1 minute. Start timer as soon as spinach is in water, do not wait to return to boil.
5. After the spinach has been cooking for 1 minute, use a mesh strainer with a handle to remove spinach from the pot. Press out excess liquid with a fork. You want the Spinach to be tender, brightly colored and not mushy when its done
6. Transfer to a bowl. Toss with remaining ingredients while it is still hot. Cut spinach into small pieces and enjoy.