

## Your Good Veggie Recipe!

# ***Easy Cooked Spinach***



### Ingredients

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste; use sea salt if possible!

### Directions

- Cut off thick stems of spinach and discard. Clean spinach by filling up sink with water and soaking spinach to loosen any sand or dirt. Drain spinach & repeat soaking & draining. Put spinach in salad spinner to remove excess moisture.
- Heat 2 Tablespoons olive oil in large skillet on medium-high heat. Add garlic & sauté for about 1 minute, until garlic is just beginning to brown.
- Add spinach to pan, packing it down a bit if needed with your hand. Use a couple spatulas to lift spinach and turn it over in the pan to coat with olive oil & garlic. Repeat a couple times. Cover pan & cook for 1 minute. Uncover & turn spinach over again. Cover pan & cook for additional minute.
- After 2 minutes of covered cooking, the spinach should be completely wilted. Remove from heat. Drain excess moisture from pan. Add a touch more olive oil, sprinkle with salt to taste. Serve immediately & enjoy! ☺ <http://simplyrecipes.com/recipes/spinach/>

### Spinach Quick Facts: (Popeye was right on track, after all!)

- Contains 13 flavonoid compounds in spinach, serving as antioxidants & anti-cancer agents
- One cup of fresh spinach contains almost **200%** of daily recommended Vitamin K, which supports bone health!
- Spinach is an excellent source of Vitamin C & Vitamin A, both of which work to reduce amounts of free radicals in the body. Also a great source of Folate & Magnesium!
- Has been shown to improve brain health, gastrointestinal health & fight inflammation!
- Eating spinach helps your eyesight (from Lutein) and gain energy (from Iron)!
- Choose vibrant, deep green leaves. Avoid any yellowing, wilting, bruising &/or slimy leaves.
- Store unwashed & loosely packed in a plastic bag in the fridge; will keep about five days. Avoid storing cooked spinach, it doesn't keep very well.
- **Quick Serving Ideas:** \*Add layers of steamed spinach to next lasagna recipe. \*Pine nuts are a great addition to cooked spinach. \*Use to make a side salad with your favorite meal.

**Fedorko Chiropractic Health Center**

4774 Munson St NW Suite 302, Canton, OH 44718 Phone: 330-494-0422

[www.FedorkoHealth.com](http://www.FedorkoHealth.com)