

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Sautéed Spinach w/ Garlic & Lemon

3-4 servings

½ pound baby or mature spinach
1½ tablespoons olive oil
2 cloves garlic, crushed
¼ teaspoon sea salt
5 twists freshly ground black pepper
Juice of half a lemon (optional)

Heat the oil in a large saucepan over medium-high heat. When the oil is hot, add the garlic; when fragrant, add the spinach all at once. Sprinkle the spinach with the sea salt and pepper. Use a pair of tongs to toss and turn the spinach. Do this continuously for a few minutes until the spinach is *just* wilted. Remove the pan from the heat. Squeeze the optional juice of half a lemon over the spinach. Adjust the salt and pepper to taste.

Sautéed Spinach w/ Garlic, Almonds, Raisins & Lemon

Inspired/adapted from a recipe in [Saveur Magazine](#)

3-4 servings

2 tablespoons raisins 1½ tablespoons olive oil
½ cup thinly sliced shallot or leek (white and light green parts only)
½ pound baby or mature spinach
¼ teaspoon sea salt
5 twists freshly ground black pepper
Zest from half a lemon – use a zester to remove long, thin needle threads
Juice of half a lemon

Place the raisins in a small bowl and cover with hot water to rehydrate them. Drain them after 10 minutes.

Toast the slivered almonds in a 350 degree oven for 5-7 minutes until golden.

Heat the olive oil in a large saucepan over medium heat. Stir in the shallot or leek and garlic and cook until soft and fragrant, about 5 minutes. Add the spinach and sprinkle with the salt and pepper. Use a couple of wooden spoons to toss and turn the spinach and scrape the bottom of the pan to keep the shallots or leeks and garlic from sticking.

When the spinach is *just* wilted, stir in the drained raisins, toasted almonds, lemon zest and juice. Adjust the salt and pepper to taste. Serve with additional lemon wedges if desired.