

Wilted Spinach with Mushrooms and Garlic



- 1 tablespoon extra virgin olive oil
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 1 pound fresh spinach, washed and stemmed
- 1/2 teaspoon freshly ground pepper

1. Heat large skillet over medium heat, add oil and heat until hot.
2. Add mushrooms to skillet, sauté while stirring until juices are released. Continue cooking and stirring until the liquid is gone. Add garlic and stir 30 seconds.
3. Add spinach in batches. Toss to coat with oil and to allow spinach to wilt, 2 to 4 minutes. Season with pepper, toss again.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 65	Calories from fat 36	
	% Daily Value	
Total Fat 4g		6%
Saturated Fat 1g		9%
Cholesterol 0mg		0%
Sodium 91mg		4%
Carbohydrate 6g		2%
Dietary Fiber 4g		14%
Protein 4g		8%
Vitamin A: 152%	Vitamin C: 56%	Folacin: 57%
Calcium: 12%	Iron: 20%	Potassium: 22%

Modified from original recipe EatingWell Wilted Spinach with Garlic at <http://eatingwell.com/recipes>
 Barbara Brown, Food Specialist
 Oklahoma Cooperative Extension Service