

From Lisa's Kitchen: Simple Sautéed Spinach

Garlic also contains a substance called allicin that helps to thin the blood which allows better blood flow through congested blood vessels. Spinach is a good source of many vitamins and iron. This recipe is easily multiplied.

Simple Sautéed Spinach

Serves 2

2 teaspoons olive oil

4 garlic cloves, thinly sliced

9 ounces baby spinach

Heat olive oil in a non-stick sauté pan over medium heat. Add garlic and sauté until garlic is golden, about 4 minutes (do not burn the garlic – there's no graceful recovery except to start over again).

Add spinach and toss with tongs until just wilted.