



## Quick and Easy Sautéed Spinach

*Spinaci Salati*

Yields 2-4 Servings

### INGREDIENTS:

- 2 Tbsp. olive oil
- 3 large cloves garlic, minced
- A pinch of red pepper flakes
- 1 bunch (1b.) of fresh spinach, washed and well drained
- 1/2 tsp. salt and 1/4 tsp. pepper or 3/4 tsp. PGS (Pastagirl Seasoning)
- 3 Tbsp. Parmigiano Reggiano cheese (optional)
- Garnish: extra virgin olive oil and lemon wedges



This favorite side dish is delicious served with fish, chicken, or on its own. The leftovers are versatile enough to enhance spinach dips, egg dishes, wraps, calzones or even pizza. Spinach is a superfood, offering a brain boost with essential nutrients like vitamins A and E, protein, fiber, zinc, calcium and iron, all vital for brain health. Mangia bene!

### INSTRUCTIONS:

1. Heat oil, garlic and red pepper flakes (if using) in a large sauté pan just until soft.
2. Add spinach and two tablespoons of water. Using tongs, flip spinach over to incorporate with oil and garlic. Cover and cook over medium high heat until spinach completely wilts.
3. Uncover, mix in seasoning and the optional Parmigiano Reggiano.
4. Continue to cook until water evaporates, about 2-3 minutes.
5. Adjust seasoning and place on a platter.
6. Garnish with a generous splash of extra virgin olive oil, a squeeze of lemon and lemon wedges.