

Sautéed Spinach

Serving Size: entire recipe

Serves: 1

Ingredients

½ tablespoon olive oil
¼ small onion, finely chopped
½ clove garlic, minced
½ oz white wine
2 cups fresh spinach
Pinch of coarse black pepper
Pinch of salt

Directions

Heat the olive oil in a sauté pan on medium high heat. Add the onions and sauté until soft. Add the garlic, wine and spinach and sauté until the spinach wilts. Lightly season with salt and pepper to taste.

Exchanges per serving:

2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 95
Calories from fat: 63
Total Fat: 7g
Cholesterol: 0mg
Sodium: 146mg
Total Carbohydrate: 5g
Dietary Fiber: 2g
Protein: 2g