

Spinach and Mushroom Sauté

Ingredients:

- 1 tsp extra-virgin olive oil
- 1 cup of fresh spinach
- 2 cloves of garlic (smashed)
- 8 to 10 baby portabella mushrooms (depending on size)
- Fresh Parmesan cheese

Directions:

1. Rinse and quarter the mushrooms and rinse the spinach
2. In a sauté pan, add extra-virgin olive oil then the mushrooms and garlic, cook until tender
3. Add spinach, sauté until spinach is wilted
4. Remove from pan, add cheese and serve.

Shared by: David R. Hergenroeder

Registered Dietician Notes:

Calories: 85
Protein: 6 g
Carbohydrates: 7 g
Fat: 5 g

