1-Minute Spinach

Enjoy this quick and easy addition to your Healthiest Way of Eating that provides you with an excellent source of healthy promoting nutrients such as vitamin A, K, C, as well as manganese and folate.

Prep and Cook Time: 10 minutes
1 pound fresh spinach
1 tsp lemon juice
1 medium fresh garlic, pressed or chopped
1 TBS extra virgin olive oil
salt and cracked black pepper to taste
Optional:
chopped tomato
kalamatta olives
cashews
goat cheese
a few drops soy sauce

Chop or press garlic and let it sit for 5 minutes to bring out its health-promoting benefits.
Bring lightly salted water to a rapid boil in a large pot.
Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. Rinse spinach leaves very well as they often contain a lot of soil.
Cook spinach in boiling water for 1 minute.
Drain and press out excess water. Toss in rest of ingredients while still hot.

Source: [here](#)
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