
KITCHEN CONNAISSEUR

Roasted Garlic Sautéed Spinach



I wasn't a cooked spinach fan until I tasted "sautéed spinach." I had always steamed it and evidently it would be over cooked and mushy – not my favourite! With this simple sauté method it is much easier to control how fast the spinach cooks, making it possible to stop the process while the leaves are a brilliant green with a tender texture. The addition of Roasted Garlic Olive Oil makes it mouthwatering!

Serves 4 portions (pictured here layered with *Raspberry Chicken* and *Wild Rice and Mushrooms*).

ingredients

8 oz.	Spinach leaves- baby, fresh (this is 4 cups very tightly packed)
2 Tbsp	Roasted Garlic Olive Oil
2 tsp	Salt- preferably fleur de sel
3/4 tsp	Black Pepper- freshly ground
1 Tbsp	Butter - unsalted
Dash	Lemon juice - freshly squeezed

instructions

1. Rinse the spinach well in cold water. Strain or spin it dry – leaving just a little water on the leaves.
2. In a large skillet heat the oil to medium high heat. Add all the spinach and gently toss it into the oil. Continue to toss until the spinach is just wilted – approximately 2 minutes. Toss the salt and pepper in.
3. Using a slotted spoon, transfer the cooked spinach to a serving bowl. Top with the butter and squeeze the lemon juice over the top. Serve hot.