



Wilted Spinach with Tomatoes

Active Time: 5 minutes | Total Time: 5 minutes | Serves: 2

Nutrition Information Per Serving

84.7 calories, 8.01 g carbohydrate, 2.98 g fiber, 5.03 g NET carbs, 3.01 g protein, 5.51 g fat

Ingredients

- 1 clove organic garlic, finely chopped
- 16 organic cherry(s) organic cherry tomatoes
- 2 tsp(s) organic extra virgin olive oil
- 4 cup(s) organic baby spinach
- 1 pinch sea salt

Preparation

1. Heat a safe, nonstick pan over medium high heat.
2. Add oil and heat until shimmering.
3. Add tomatoes and cook, stirring, until slightly softened.
4. Stir in garlic and top with spinach. Cover.
5. Remove pan from heat and allow to stand covered 1 minute.
6. Stir spinach and tomatoes, drizzle with olive oil and sprinkle with salt. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.