

Sautéed Spinach with Pine Nuts

From Great Food Fast, Dietitians of Canada, 2000

2 tsp olive oil

¼ cup pine nuts

1 package (10 oz) fresh spinach, trimmed of tough stalks

1 tsp minced garlic

1 tsp lemon juice

1/8 tsp nutmeg

Black pepper

1. In a large nonstick skillet, heat 1 tsp of the oil over medium heat. Add pine nuts and cook, stirring constantly for 2-3 minutes or until golden. Remove pine nuts from pan and set aside.
2. Add remaining oil to pan. Add spinach in several bunches (it will cook down quickly) stirring constantly. Add garlic and cook for 1-2 minutes. Stir in lemon juice and nutmeg. Season to taste with pepper. Add reserved pine nuts. Cook until heated through.

Serves four. Per Serving
Calories 90, Protein 4.5 g, Fat 7.6 g, Fiber 3.4 g

