

The French Quarter Grill's Cajun Chef presents:

Sautéed Spinach

- 1 - 2 tablespoons olive oil
- 1 - 2 tablespoons minced garlic
- 2 - 3 large handfuls of washed and trimmed spinach
- Salt and pepper to taste

Add the olive oil to a sauté pan or wok. Turn on high and heat the oil for 30-45 seconds to get hot (slightly longer if you're using an electric burner). Add the minced garlic to the pan and sauté for 5-10 seconds. Add the spinach to the oil and garlic mixture, turning the spinach over with your tongs. You must constantly turn the spinach to keep the mixture from burning. After a minute or two, lightly sprinkle salt and pepper to taste into the spinach as you turn it. This dish should not take more than 3-4 minutes to cook.

Serving size: One