Cornell University
Cooperative Extension
Schuyler County

Simple Sautéed Greens

Ingredients	Instructions
2 Tbsp extra virgin olive oil 4 cloves of garlic, thinly sliced 20 ounces fresh spinach 1 Tbsp lemon juice 1/4 tsp salt 1/4 tsp crushed red pepper	1. Heat oil in a large pot over medium heat. 2. Add garlic and cook until beginning to brown, 1 to 2 minutes. 3. Add spinach and toss to coat. 4. Cover and cook until wilted, 3 to 5 minutes. 5. Remove from the heat and add lemon juice, salt and crushed red pepper. 6. Toss to coat and serve immediately.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 3g	

Vitamin A 180% • Vitamin C 45%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

64% of calories from fat

Source: Eating Well Magazine, Page 32, October 2008. Nutrition facts calculated by the Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.