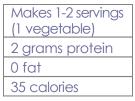
Garlic Spinach





Ingredients

- 1½ cups spinach
- ½ cup chicken broth or water
- 2 tablespoons lemon juice
- 2 tablespoons onion, minced
- 2 cloves of garlic, crushed and minced
- 1/4 teaspoon onion powder
- Pinch red pepper flakes

Directions

- Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft.
- 2. Add fresh garlic and spices.
- 3. Stir in fresh spinach leaves and cook lightly.
- 4. Serve with your favourite chicken or fish dish.





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