

Sauteed Spinach and Mushrooms

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Servings: 4

*2 tablespoons extra-virgin
olive oil
2 cloves garlic, smashed
2 cups cremini mushrooms,
sliced
Kosher salt
freshly ground pepper
10 ounces baby spinach
1 to 2 tablespoons balsamic
vinegar (optional)*

In a large skillet over medium-low heat, heat the olive oil. Add the garlic. Cook until fragrant, about 2 minutes (do not let the garlic brown). Push the garlic off to the side of the pan. Add the mushrooms. Increase the heat to medium-high. Season the mushrooms with salt and pepper to taste. Cook, stirring occasionally, until the mushrooms are tender and begin to become golden in spots, 10 to 12 minutes.

Add the spinach. Sprinkle with an additional pinch of salt. Turn with tongs until wilted. (If you can't fit all of the spinach into the pan, cover it for a few minutes, then uncover, stir and add the rest.)

Transfer to a serving platter. Drizzle with the vinegar, if using. Serve warm.

Per Serving (excluding unknown items): 62 Calories; 7g Fat (96.3% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.