SAUTÉED SPINACH WITH GARLIC AND LEMON JUICE

Serves 4

2 tablespoons Extra Virgin Olive Oil
2 bunches spinach, leaves picked from stems and triple-washed. (Leave some water on the leaves will help to cook it)
4 garlic cloves, thinly sliced
Juice of ½ of a lemon

Heat the olive oil in a large sauté pan on medium-high heat until hot, but not smoking. Add the slivered garlic and cook until it looks a light golden color. Be careful not to burn the garlic. Lower your temperature to medium flame or heat and add the spinach in handfuls at time, turning it to wilt it. As it wilts, add more leaves until both bunches are wilted. When all of the leaves are wilted and nicely coated with oil, add the lemon juice, stir to distribute it evenly, and serve immediately.
Renowned internationally as far back as the 4th century AD, spinach has enhanced the menus of the world's cuisines with its mild, vibrant, very green flavor. Eaten raw or cooked, this leafy green is packed full of vitamins and is one of the featured ingredients in SFPL's Biblio Bistro programming at the Heart of the City Farmers' Market, every 3rd Wednesday of the month (weather permitting).