

## Garlic Spinach



Makes 1-2 servings (1 vegetable)
2 grams protein
0 fat
35 calories

### 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
- ¼ teaspoon onion powder
- Pinch red pepper flakes

### Directions

1. 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.

