

Spinach with Roasted Garlic

Serves: 4

Ingredients

2 tsp. extra-virgin olive oil, divided	Salt and freshly ground black pepper, to taste
3-5 garlic cloves, peeled and finely chopped	Pinch of red pepper flakes (optional)
¼ cup fat-free, reduced-sodium chicken broth	
1 large bunch fresh spinach or 1 packaged baby spinach leaves, washed and thoroughly dried	

In a non-stick skillet, heat 1 tsp. of oil over medium heat until hot. Add garlic and gently sauté until it is golden brown. Remove garlic with a slotted spoon and place it in a blender or food processor. Add a small amount of the chicken broth and puree the garlic. Gradually add the remaining broth.

Add remaining oil to the pan and heat over high heat until hot. Add the spinach and toss with a fork until it has wilted. Add the garlic/broth mixture to the pan and continue cooking, stirring constantly, until the spinach is tender, about 1 to 2 minutes. Add a pinch of red pepper, if desired. Serve immediately.

Per serving: 45 calories, 2.5 g total fat (0 g saturated fat), 5 g carbohydrates, 1 g protein, 2 g dietary fiber, 240 mg sodium.