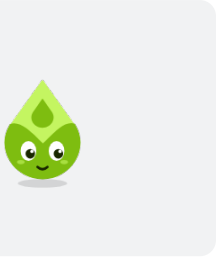
Dinner

Golden Garlic Spinach with Currants and Pine Nuts

Tender wilted spinach brightened with lemon juice and sweet raisins or currants, finished with crisp golden garlic and toasted pine nuts.

16 min	60	7 g	2 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 4 servings

- [ ] 1 tsp olive oil
- [ ] 1 clove garlic (thinly sliced)
- [ ] 1 lbs spinach
- [ ] 1 tbsp lemon juice (from 1/2 lemon)
- [ ] 1/2 large lemon (cut into 4 wedges)
- [ ] 1 tbsp raisins or currants
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper (optional)
- [ ] 1 tbsp pine nuts (pan-toasted)

Method

1. Warm the olive oil in an extra-large skillet over medium heat.
2. Cook the sliced garlic until it turns lightly golden, about 2 minutes, then lift it onto a small dish and set aside.
3. Add the spinach to the skillet in large handfuls, tossing with tongs until all of it has just wilted, about 4 minutes.
4. Pour in the lemon juice and scatter in the raisins or currants, tossing for about 30 seconds.
5. Pull the skillet off the heat and season with the salt and the black pepper, if using.
6. Use tongs to lift the spinach onto a serving bowl or platter.
7. Scatter the reserved garlic and the pine nuts over the top and serve with the lemon wedges.

Nutrition Facts

Per serving

Calories	**60**
Total fat	2.5 g
Saturated fat	0 g
Sodium	230 mg
Total carbs	7 g
Fiber	3 g
Total sugars	2 g
Protein	3 g

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