

Baby Spinach & Pepper Saute

Ingredients

- 2C Baby Spinach
- 1 T Garlic, minced
- 1/2 T Shallot, Minced
- 1/2 C Roasted Red Pepper, julienne strips
- 1 T Lemon Olive Oil
- Pinch Salt & Pepper to taste

Preparation

1. Put garlic & shallots into sauté pan.
2. Add Lemon Oil.
3. Over medium-low heat, lightly brown garlic & shallots.
4. Add baby spinach & pepper strips.
5. Sauté greens until just lightly wilted.
6. Season with Salt & Pepper. Taste and adjust as needed. Variation: Substitute Arugula for the Baby Spinach. Try Blood Orange Oil, Garlic Oil, or Persian Lime Oil in place of Meyer Lemon Oil