



Wilted Spinach with Artichokes

Olive oil
Garlic cloves, as many or few as you like
1 can quartered artichoke hearts
Pat of butter (optional)
Salt, pepper and/or crushed red pepper flakes, to taste
1 bag baby spinach
Parmigiana cheese, grated

In a large pan, heat the olive oil over medium heat. Chop up a bunch of garlic (I use about four or five cloves, but you can use as many or as few as you like) and sauté it for a minute or so. Don't let the pan get too hot or the garlic cook for too long or it will burn and burnt garlic is nasty!!

Open the can of quartered artichoke hearts and drain them. I usually rinse them with cold water too. Once the garlic starts to soften, dump the drained artichokes into the pan.

Sometimes I add a pat of butter too - if I feel like splurging. This dish is still good without the butter, so I'll leave that up to you.

At this point, I usually season it with some sea salt and fresh ground pepper. A few red pepper flakes would be fabulous too. The last step is to dump in the whole bag of baby spinach and stir together as it wilts down. This will only take about a minute or so - you'll want to be all set to eat before you add the spinach. Once it's all wilted, plate it up and sprinkle some Parmigiana cheese on top.

In my house this makes just two servings, as Pete and I really love it and eat huge portions. I don't need to bolus for vegetables, so this is a free side-dish for me. If you count the carbs in your veggies, simply tally them up from your artichoke can and spinach bag.