



## Garlic Spinach

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
2-3 People	5 MIN	5 MIN		10

Garlic spinach is a quick and healthy dish made with fresh spinach sautéed in garlic and oil. It's light, nutritious, and packed with flavor, making it a perfect everyday side dish. This easy recipe comes together in minutes and pairs well with a wide range of meals. The garlic enhances the natural taste of spinach while keeping the dish simple and wholesome.

### Ingredients

- 5 cups fresh spinach
- 3 garlic cloves, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: lemon juice

### Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 5 minutes

- Total Time: 10 minutes
- Servings: 2-3
- Course: Side Dish
- Cuisine: International

## Cooking Method

---

### Instructions

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for **30-60 seconds** until fragrant.
3. Add spinach and cook until wilted.
4. Stir occasionally for **2-3 minutes**.
5. Season with salt and pepper.
6. Add a squeeze of lemon juice if desired.
7. Serve immediately.

### Cooking Tips

- Do not overcook spinach

- Use fresh spinach for best flavor
- Add garlic quickly to avoid burning

## Variations

- Add chili flakes for spice
- Add butter for richer taste
- Add mushrooms for extra texture
- Add sesame oil for an Asian twist

## What to Serve with Garlic Spinach

- Rice or quinoa
- Garlic chicken dishes
- Grilled fish
- Pasta

## Storage

Store in an airtight container in the refrigerator for up to **2 days**.

## Reheating

Reheat quickly in a pan or microwave.

## Frequently Asked Questions

### Can I use frozen spinach?

Yes, but drain excess water before cooking.

### Is spinach healthy?

Yes, it's rich in iron and vitamins.

### Why does spinach shrink so much?

It has high water content.

### Recipe Author

**Mary Thompson**

Generated on: Jul 11, 2026 02:53

---

Downloaded from [iheartgarlic.com](https://iheartgarlic.com)

