
Waukesha County
UW Extension

Farmers Market Fresh

Lemon Spinach Sauté

Ingredients:

- 1 bunch (1 pound) of fresh spinach
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Serves 4



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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Directions:

1. Wash the spinach.
2. Trim off the stems.
3. Put the spinach, black pepper, and lemon juice in a pan.
4. Cook over medium heat. Let the spinach sauté for about 3 minutes, until just tender.
5. Serve as a delicious side dish.

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