

Basic Buttery Spinach

3 ingredients · 5 minutes · 2 servings



Directions

1. Melt the butter in a large saucepan over medium heat. Add the baby spinach and cook until wilted, stirring frequently.
2. Season with salt and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 1/2 cup of cooked spinach.

Dairy-Free

Use avocado oil, coconut oil or olive oil instead of butter.

Additional Toppings

Top with nutritional yeast, parmesan cheese and/or fried garlic.

Ingredients

- 2 tbsps Butter
- 10 cups Baby Spinach
- 1/4 tsp Sea Salt