

# Sautee Spinach, No Bacon



This is a easy way to prepare spinach...it is fast and believe me you end up eating lots and lots of spinach.

My mom usually prepares this dish without bacon, I decided to add a little more flavor to it...so bacon was added to this side dish ☐

## ***Ingredients:***

1 bunch of spinach

2 garlic cloves, chopped

2 strips of bacon cut in small pieces

Salt                      and                      pepper                      to                      taste



***Method:***

Fry the bacon and remove the excess of fat. Add the chopped garlic and let it brown. Add the spinach (cut in approximately 2~2  $\frac{1}{2}$  in) and sautee in high heat rapidly.

Do not over cook the spinach.

Serve hot.





Did you know that spinach contain a lot of iron? Since the iron in spinach and other vegetables and grains sources are not bound to heme its absorption are not very efficient, therefore to improve the iron absorption by the body the consumption of vitamin C or other binders are necessary. Heme binded iron are found in meat (blood).

***Thank you for stopping by Simple Recipes and have a great week!***