

# SAUTÉED SPINACH AND ONIONS (SERVES 8)

## INGREDIENTS:

4 pounds spinach  
Optional: 1 medium onion or 2  
medium spring onions  
Optional: 2 garlic cloves  
Extra virgin olive oil  
Salt and pepper  
Optional: Lemon

## TIPS:

- It's going to seem like you're using a ton of spinach, but you'll be amazed at how little it cooks down to.
- Feel free to use other greens in place of (or in addition to) spinach. Kale, chard, and collard greens would all work well in this recipe.

## DIRECTIONS:

1. Wash spinach very well. (It's best to wash greens in a bowl of cold water, gently swishing them around. Lift the greens out of the water. If there's dirt in the water, rinse out the bowl, fill it with fresh water, and wash the greens again. Repeat this process several times until the water is free of dirt.) Dry the spinach in a salad spinner or on clean kitchen towels or paper towels, gently wrapping up the spinach in the towels.
2. Wash and dry the onion. Cut the onion in half lengthwise (through the root) and peel the onion. (If using spring onions, trim off the hairy root end and cut off and discard the top inch of the green part.) Cut onion into thin slices, 1/8- to 1/4-inch thick.
3. Crush and peel the garlic, removing any green shoots. Roughly chop or slice the garlic.
4. Heat a large frying pan over medium-high heat for a couple minutes. Add enough oil to coat the bottom of the pan, about 1 tablespoon. Add onions and cook, stirring often, for about 2 minutes. The onions should just begin to soften. Add garlic and cook, stirring constantly, until it becomes fragrant, usually 30 seconds to 1 minute. Do not allow the garlic to brown. Add spinach to the pan and stir to combine. If there's too much spinach to fit in the pan at once, start by adding just some of it; as the spinach wilts, you can keep adding more spinach to the pan. To help the spinach wilt, you can add a splash of water to the pan, cover the pan, and cook for a couple minutes until the spinach is wilted.
5. Season to taste with salt and pepper. If desired, squeeze with lemon before serving.