

## **Sautéed spinach with garlic**

1 bunch of organic spinach

1 head of garlic

2 tablespoons of olive oil

Salt, pepper, or hot pepper flakes to taste

½ lemon

Grated Parmesan cheese to taste

In the sink, thoroughly wash the vegetables. Leave them in the water until they will be used. Heat a pot that can contain all the spinach on medium low. Peel the garlic, leaving the cloves whole. (If you have intolerance to garlic, use only one clove. Garlic is a natural antibiotic and has many health benefits, if your digestive system produces the enzymes to break it down. The more you cook it, the less of a smell it will generate). Add olive oil to the pot then add all the garlic. Let it sauté for one Minute, and then add the spinach with the water that is clinging to it. Cover the pot. Add about ½ teaspoon of salt and hot pepper flakes to taste. Let it cook, until the spinach is wilted. Pour spinach and it's water (the water contains nutrients) into a bowl, add lemon juice and Parmesan cheese to taste, and serve.