

# Super Simple Sauteed Spinach

## Ingredients:

- 1- 1-1/2 pounds baby spinach
- 1-2 T. butter or olive oil
- [Lawry's garlic](#) salt and pepper, to taste
- 1/4 c. parmesan cheese, optional
- [nutritional yeast](#), optional

## Directions:

Heat the oil or butter in a large skillet over medium heat.

Add the spinach to the skillet and cover; cook for 5 minutes, stirring occasionally.

Sprinkle in the seasonings and cover again for another 5 minutes, stirring occasionally.

Sprinkle with Parmesan cheese and/or [nutritional yeast](#), if desired.

Serve immediately.