Lemon Spinach

Ingredients:
1 pound spinach, fresh
1/4 teaspoon black pepper
1 tablespoon lemon juice

Equipment:
Non stick skillet
Measuring spoon

Number of Servings: 2
Prep Time: 10 minutes
Total time: 10 minutes

Directions
1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in skillet.
3. Sauté over medium heat, until just tender.

Nutrition Facts
Serving Size: 1/2 cup
Serving: 4

Calorie Information:
Calories 36
Calories from Fat 18

Fat Information:
Total Fat 2g
Saturated Fat trace 1g
Cholesterol 0mg
Sodium 90mg
Total Carbohydrate 4g
Dietary Fiber 3g
Protein 3g

Vitamin Information:
Vitamin A 152%  Vitamin C 56%

Iron 17%  Calcium 11%

*Percent Daily Values are based on a 2,000 calorie diet.