

SAUTÉED SPINACH WITH GARLIC AND LEMON JUICE

Serves 4

2 tablespoons Extra Virgin Olive Oil

2 bunches spinach, leaves picked from stems and triple-washed.

(Leave some water on the leaves will help to cook it)

4 garlic cloves, thinly sliced

Juice of 1/2 of a lemon

Heat the olive oil in a large sauté pan on medium-high heat until hot, but not smoking. Add the slivered garlic and cook until it looks a light golden color. Be careful not to burn the garlic. Lower your temperature to medium flame or heat and add the spinach in handfuls at time, turning it to wilt it. As it wilts, add more leaves until both bunches are wilted. When all of the leaves are wilted and nicely coated with oil, add the lemon juice, stir to distribute it evenly, and serve immediately.

The San Francisco Public Library in partnership with
The Heart of the City Farmer's Market presents



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FOOD EDUCATION AT THE LIBRARY

TODAY'S FEATURED INGREDIENT:

SPINACH



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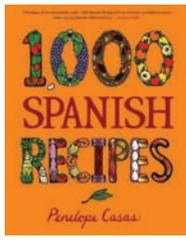
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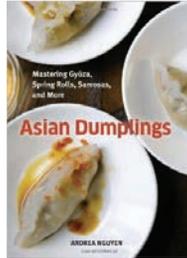
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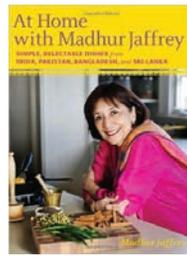
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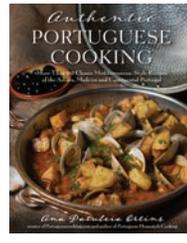
1,000 Spanish Recipes



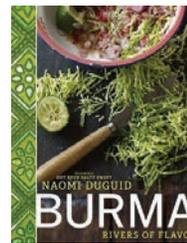
Asian Dumplings



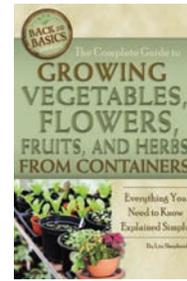
At Home With Madhur Jaffrey



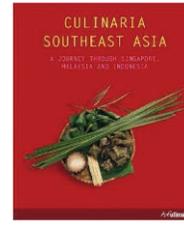
Authentic Portuguese Cooking



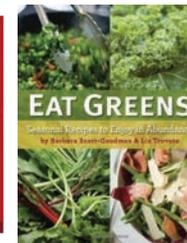
Burma



The Complete Guide to Growing Vegetables, Flowers, Fruits, and Herbs From Containers



Culinaria Southeast Asia



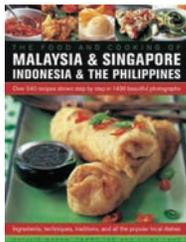
Eat Greens



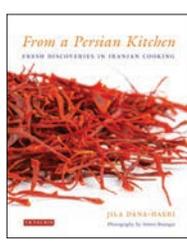
EatingWell Vegetables



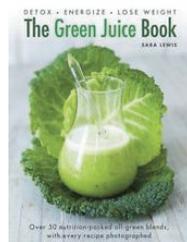
Exploring China



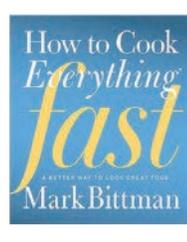
The Food & Cooking of Malaysia & Singapore, Indonesia & the Philippines



From a Persian Kitchen



The Green Juice Book



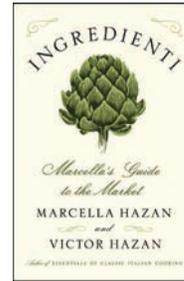
How to Cook Everything Fast



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In Her Kitchen



Korean Cooking



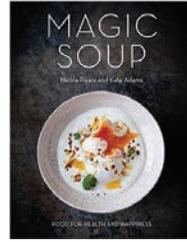
Kylie Kwong



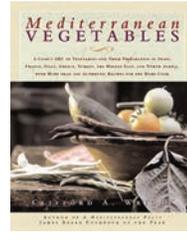
Lebanese Home Cooking



The Little Saigon Cookbook



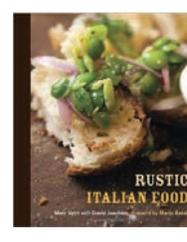
Magic Soup



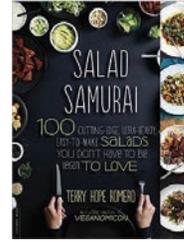
Mediterranean Vegetables



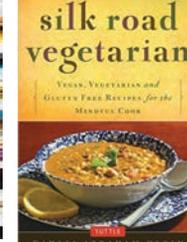
Power Plants



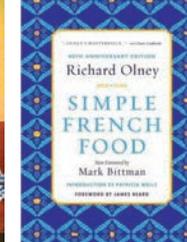
Rustic Italian Food



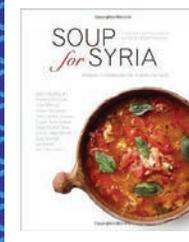
Salad Samurai



Silk Road Vegetarian



Simple French Food



Soup for Syria

Renowned internationally as far back as the 4th century AD, spinach has enhanced the menu of the world's cuisines with its mild, vibrant, very green flavor. Eaten raw or cooked, this leafy green is packed full of vitamins and is one of the featured ingredients in SFPL's Biblio Bistro programming at the Heart of the City Farmers' Market, every 3rd Wednesday of the month (weather permitting).