

Garlic Water Spinach

2 tablespoons vegetable oil

2-3 garlic cloves, minced (or 1/2 teaspoon garlic powder)

1 large bunch of water spinach

salt, to taste

pepper, to taste

Wash the spinach under cold water and gently dry with a paper towel. Cut off the very ends of the stems, if necessary, and discard. Set aside the rest of the stems and leaves.

Heat the olive oil in a large skillet over medium-high heat. Stir in the garlic and cook until just fragrant, about 1 minute. Add the water spinach and toss until coated with the garlic oil. Sauté for about 3 minutes, or just until the spinach begins to shrink and wilt. Season with salt and pepper. Serve immediately.

Source: Pennies original, inspired by the local farmer :)