



Sautéed Spinach & Arugula with Garlic & Shallots (4 servings)

Ingredients

- 4 large cloves garlic - *minced*
- 3 Tbsps olive oil
- 1 Tbsp mustard - *stone ground*
- 2 shallots - *sliced*
- 4 cups organic baby spinach leaves
- 4 cups fresh arugula
- A few sprigs fresh thyme
- Juice of 1/2 lemon
- salt and pepper - *to taste*

Preparation

- In a small bowl, mix 1 tablespoon olive oil, along with the mustard and lemon juice until smooth. Set aside.
- In a large skillet, heat 1 tablespoon of olive oil over medium-low heat and add minced garlic.
- Gently stir the garlic for 1-2 minutes, or until it is lightly browned.
- Add remaining olive oil to the skillet and add the sliced shallots, sauté until translucent and slightly caramelized.
- Add spinach and arugula to the skillet, and gently toss together with the garlic and shallots.
- Sauté spinach and arugula until wilted. Add the mustard and lemon juice mixture and combine thoroughly.

Serving Suggestion: Garnish with sprigs of thyme and lemon slices.