



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Garlic Sautéed Spinach and Kale***

#### **Ingredients:**

- 1 1/2 Tbsp olive oil
- 3 cloves garlic, minced
- 12 oz baby spinach
- 8 oz kale, chopped
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 4 tsp apple cider vinegar

#### **Directions:**

1. Heat the olive oil in a large pot over medium-high heat. Add the garlic and sauté for 30 seconds.
2. Add the remaining ingredients to the pot; mix well.
3. Reduce the heat to low, cover, and cook for 5-7 minutes.

Serves 5

*75 calories, 5 g fat, 1 g saturated fat,  
7 g carbohydrate, 2 g fiber, 4 g protein,  
185 mg sodium*

*Source: American Diabetes Association*

