



## SAUTÉED SPINACH WITH CARAMELIZED ONION & GARLIC

By Dr. Cindy Tanzar  
(Standard)

If you are a spinach fan, you are going to love this recipe. Caramelizing the spinach provides a whole new level of flavor and richness. This dish is a great compliment to chicken, fish and beef and also is fantastic served with a couple of over-easy/medium eggs on top. This recipe calls for 10-12 oz of fresh spinach. It is less expensive to purchase the large tub of spinach, use about 3/4 of it and use what is left for salads, etc.

Makes 2-3 servings. One serving of this recipe equals one cup and covers your vegetable and fat for one meal.



### INGREDIENTS

- 1 Tbsp avocado oil
- 2 Tbsp Kerry Gold butter - divided
- 1 medium onion, diced
- 4 tsp minced garlic (4 cloves)
- 2 tsp Tamari (gluten-free soy sauce)/Coconut Aminos (optional)
- 10-12 oz fresh spinach
- Pink Himalayan salt & black pepper, to taste



## INSTRUCTIONS

In a large pot, melt the avocado oil and 1 Tbsp of Kerry Gold butter over medium heat. Add the onions and sauté until caramelized (about 10 minutes).

Add garlic and sauté 2 minutes, then mix in Tamari.

Add fresh spinach and sauté until wilted or to your desired doneness. Season with salt & pepper.

Add 1 Tbsp of Kerry Gold butter, melt and gently mix.