



Sautéed Vegetables

Ingredients

- 2 tablespoons Grassland clarified butter
- 2 cloves of garlic, minced
- 1 package of fresh spinach
- 1/2 pound of mushrooms, sliced
- 1 pepper, sliced
- 1/2 onion, sliced
- salt and pepper to taste

Directions

1. Melt butter in large skillet. Add garlic cloves.
2. Add mushrooms, pepper and onion. When almost cooked, add spinach.
3. Cook until spinach is wilted, about 2-3 minutes. Season with salt and pepper to taste.

Optional to add sautéed chicken.

