

# Lemon Spinach

**Makes:** 4 servings

## Ingredients

**1 bunch** spinach (1 pound, fresh)

**1/4 teaspoon** black pepper

**1 tablespoon** lemon juice

## Directions

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>25</b>	
Total Fat	0 g	0%
Protein	3 g	
Carbohydrates	4 g	1%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	90 mg	4%