

VEGAN CREAMY GARLIC SPINACH

Ingredients:

2 tablespoons virgin coconut oil
1 medium onion, chopped (1 cup)
1 small red bell pepper, chopped (3/4 cup)
4 cloves garlic, finely chopped
3/4 tsp salt
1/2 tsp red pepper flakes
4 packages (5 oz each) baby spinach leaves
1/2 cup unsweetened coconut milk
Lemon wedges

Steps:

1. In a 4-quart Dutch oven or saucepan, heat coconut oil over medium heat. Cook onion and bell pepper in oil, stirring frequently until tender, 6-7 minutes. Add garlic, salt and red pepper flakes; cook and stir for 1 minute
2. Gradually add spinach. Cook stirring, just until spinach is wilted. Stir in coconut milk; cook just until heated. Serve with lemon wedges.

Makes 4 servings