

Sautéed Spinach & Mushrooms



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Yield: 4

Ingredients

- 1/2 pound sliced fresh mushrooms
- 1 tbsp best life butter
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/4 c reduced-sodium chicken broth
- 3 tbsp Worcestershire sauce
- 1 tsp minced fresh oregano or 1/2 teaspoon dried oregano
- 3/4 tsp minced fresh thyme or 1/4 teaspoon dried thyme
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 package (6 ounces) fresh baby spinach
- 1 can (8 ounces) sliced water chestnuts, drained

Directions

- In a large nonstick skillet, sauté mushrooms in butter and oil until tender. Add garlic; cook 1 minute longer. Stir in the broth, Worcestershire sauce and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 7-8 minutes or until liquid has evaporated.
- Add spinach; cook and stir until wilted. Stir in water chestnuts; heat through.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
3/4 cup	115	3 g	4 g	14 g	335 mg

Carbohydrate Exchanges: 1