



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Spinach Garlic Bread

Serves 4

Ingredients:

- 4 slices whole wheat bread
- 1 tsp. extra virgin olive oil
- 4 tsp. garlic, minced
- 4 cups baby spinach
- 1 oz. light cheddar cheese, shredded

Directions:

1. Preheat the oven to 350° F.
2. Lightly toast the slices of bread in the oven or in a toaster. Place the toasted slices on a baking sheet and set aside.
3. In a skillet, heat the olive oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute.
4. Add the spinach and sauté for 2-3 minutes, or until it is wilted.
5. Spread the spinach-garlic mixture on the bread slices. Top with the shredded cheese.
6. Bake the garlic bread at 350° F for 5 minutes or until the cheese has melted. Serve warm.

Recipe is from Molly Morgan's Book – Skinny-Size It (Harlequin Non-Fiction 2014)

ALL RIGHTS RESERVED © 2014 Molly Morgan