

Spinach Taco's

12 oz. sliced mushrooms
4 tbsp. olive oil, divided
1 medium onion, sliced
1-2 clove garlic, minced
20 oz. fresh spinach, washed and stems removed
¼ tsp. lemon juice
6 to 8 small flour or corn tortillas
Sea salt
Freshly black pepper
Salsa, for serving

Directions:

Heat the olive oil in a large skillet over medium-high heat. Add sliced onions, mushrooms, and garlic. When the onion begins to caramelize and the mushrooms release their liquid, about 5 to 10 minutes. Add the spinach, lemon juice, salt and pepper and cook until the spinach begins to wilt. Make your taco and serve with salsa.

Serves 8

Nutrient Analysis, per serving: 50 calories, 9g. carbohydrate, 3g. protein, 1g. fat, 120mg. sodium