

Creamed Spinach

Serves 6

INGREDIENTS:

- ✓ 1 small onion, diced
- ✓ 2 tbs. canola oil
- ✓ 2 tbs. whole wheat pastry flour
- ✓ 1 ¼ cups fat-free milk
- ✓ 1 lb. spinach
- ✓ ¼ cup grated Parmesan cheese
- ✓ Freshly ground nutmeg
- ✓ Freshly ground Black Pepper

DIRECTIONS:

- ❖ In a medium pot, sauté the onion in the oil until lightly browned, 8-10 minutes.
- ❖ Sprinkle in the flour and cook while stirring for 1 minute.
- ❖ Whisk in the milk and continue whisking until the sauce is smooth and starts to thicken, 1-2 minutes. Simmer for 5 minutes.
- ❖ Steam or blanch the spinach until tender and bright green, about 1 minute.
- ❖ Rinse under cold water to stop the cooking, drain, and squeeze out the excess water.
- ❖ Chop or pulse in a food processor until coarsely chopped.
- ❖ Stir the spinach and Parmesan cheese into the milk sauce.
- ❖ Season with nutmeg and pepper to taste.

Found in Nutrition Action Health Letter: By Kate Sherwood