



Garden Fresh Farm Recipes

Creamed Spinach

Fresh spinach sautéed with onions, garlic in a seasoned creamy cheese sauce goes great as a side dish with chicken, beef or pork.

Ingredients:

16 ounces fresh spinach
3 tablespoons butter
2 tablespoons flour
1 cups half and half
1/4 cup grated Parmesan or Romano cheese
1 medium onion, finely chopped
2 cloves garlic, minced
1 to 2 tablespoons butter
Dash Nutmeg
Salt and Pepper



Directions:

Wilt spinach in a large pan over medium heat. Drain spinach to remove as much juice as possible.

Sauté onion and garlic in butter. Cook until onion is translucent and garlic has cooked. Add flour, salt and pepper and cook for a few more minutes stirring until flour mixture has combined with onions and garlic and cooked.

Remove pot from heat. Stir in the half and half to combine with flour-onion mixture. Return to medium heat until mixture thickens and starts to bubble, add Parmesan cheese and nutmeg and stir to melt and combined. Add more half and half if mixture is too thick.

Add spinach, stir to combine. Cook until spinach is hot.

Add salt and pepper to taste.