

## Creamed Spinach

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**Ingredients:**Makes about 1 cup

1 Tbl Oil, Canola  
1/2 Shallot, diced  
1 clove Garlic, finely chopped  
2 cups Spinach, fresh, washed  
1 pinch Nutmeg  
salt & pepper to taste  
1/4 cup Cream

**Procedure:**

In a saucepan heat 1 Tbl canola oil add in 1/2 chopped shallot and 1 finely chopped garlic clove. Sauté until translucent.

Add 2 cups of spinach, cover and sauté until spinach is reduced to 1/3.

Add a pinch of nutmeg and 1/4 cup cream. Stir and sauté until reduce to 1/4. Remove and serve.

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