

Creamed Spinach

written by The Recipe Exchange | June 12, 2019

Ingredients

5 Tbls. butter OR margarine – divided
1/4 cup all-purpose flour
1/4 tsp. salt
1/4 tsp. black pepper
1 dash ground nutmeg
1 cup half and half cream
4 oz. cream cheese – low-fat okay
1 sm. onion – minced
3 cloves garlic – minced
(2) 10 oz. pkgs. frozen chopped spinach – thawed
1/4 cup water
1/4 cup grated Parmesan cheese

Directions

In a 2-quart saucepan over medium-low heat, melt 3 Tbls. butter; stir in flour, salt, pepper, and nutmeg; slowly whisk in cream; stir in cream cheese.

Increase heat to medium; whisk mixture constantly until thick and smooth; remove from heat and set aside.

In a skillet over medium-high heat, cook onions and garlic in remaining 2 Tbls. butter until transparent; stir spinach and water into pan.

Reduce heat to medium-low; cover; simmer, stirring occasionally, for 8 minutes.

Stir spinach mixture into creamy mixture; return to medium heat; heat, stirring often, until warmed throughout.

Remove from heat; fold in Parmesan.