

Creamed Spinach

Courtesy of Carole's Creations

Prep Time: 10

Cooking Time: 30

Serves: 4

CChints: If you think about how much fresh spinach has to be cooked to get 10 ounce box from your market's freezer, you will realize what a bargain frozen spinach can be.



1-1/2 tablespoons unsalted butter

1/2 cup sweet yellow onion, diced

2 tablespoons wheat flour

Dash of salt and pepper

Zest from 1 lemon

3/4 cup of half and half

1/2 cup sour cream

10 ounce package of frozen, chopped spinach, thawed and squeezed dry

1/4 teaspoon ground nutmeg

1/4 cup freshly grated parmesan cheese

Half of an 8 ounce can of sliced water chestnuts, chopped

Heat a nonstick sauté pan over medium heat and add the butter. Add the onions and cook for 4 minutes. Remove the pan from the heat and stir in the flour, salt and pepper. Slowly pour in the half and half, stirring as you pour. Stir for about 3 minutes and it will begin to thicken and remove the pan from the heat.

Stir in the sour cream through the parmesan cheese. Blend well until the cheese melts. Turn the heat down to a low simmer and let it cook for about 15 minutes to cook all the way through, stirring often.