

Creamed Spinach

- 2 1/2 pounds fresh spinach,
washed and tough stems re-
moved
- 2 Tbs. unsalted butter
- 1/2 cup finely chopped shallots
- 1 teaspoon minced garlic
- 2/4 teaspoon salt
- 1/2 teaspoons freshly ground
black pepper
- 1/4 teaspoon grated fresh nutmeg
- 1/2 cup heavy cream

This is a delicious way to make spinach. Two pounds of fresh spinach sounds like a lot, but it really isn't. You can get two and one half pound bags of fresh spinach at Costco or Sam's.



Bring a pot of salted water to a boil over high heat. Add the spinach and cook for 2 minutes. (You may have to do this in batches.) Drain spinach in a fine mesh strainer and then wrap in a clean dish towel and squeeze out as much water as possible. Finely chop and set aside.

Melt the butter in medium saute pan over medium high heat. Add the shallots and garlic and cook, stirring, until soft and fragrant, about 2 minutes. Add the spinach and cook, stirring, just until the liquid is released. Add the cream, salt, pepper, and nutmeg, and cook until the cream is reduced by half, about 4 minutes. Remove from the heat and serve immediately.

