

From Lisa's Kitchen: Creamed Spinach

This yummy side dish feels like a high-fat treat straight from the steakhouse, but it's much more healthful. Using baby spinach means that you don't have to cook the spinach first, giving the finished dish a fresher taste.

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Creamed Spinach

Serves 4

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| 1½ tablespoons butter or olive oil | dash of grated nutmeg |
| 1 tablespoon flour | ¼ teaspoon salt |
| ½ cup low-salt chicken broth, heated | freshly ground pepper to taste |
| ¼ cup milk | 1½ pounds baby spinach, washed |

In a large saucepan over medium heat, melt the butter or heat the oil.

Add the flour and cook, whisking for 2 - 3 minutes. Slowly add the stock, whisking until smooth. Add the milk and stir until incorporated. Season with nutmeg, salt & pepper.

Using tongs, toss the spinach leaves in the saucepan, thoroughly coating with the sauce. Cook for 2 - 3 minutes until leaves are just wilted and spinach is heated through. Serve immediately.