

# Creamed Spinach by Lynn's Recipes

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Lynn demonstrates how to make a great side dish, Creamed Spinach. This would make a delicious side dish for any dinner or for a Holiday meal.

## Ingredients:

- 4 Tablespoons unsalted butter
- 4 Tablespoons all purpose flour
- 1 small onion, finely diced
- 1 clove garlic, finely diced
- 1 cup milk
- Salt & Pepper
- Nutmeg
- 1 Tablespoon unsalted butter
- 12 ounces baby spinach

Melt 4 Tablespoons butter in a pot over medium heat. Sprinkle in flour and whisk to blend into a paste. Cook for 5 minutes, or until light golden in color. Mix in onion and garlic and cook for 1 minute. Whisk milk in slowly until combined. Let cook 5 minutes while the spinach is prepared.

To prepare spinach, melt 1 Tablespoon butter in a separate pot over medium heat. Add spinach by the handful and toss occasionally to coat. Cook spinach for 4-5 minutes until wilted, but not soggy -- it should be bright green and the stems should still have a crunch to them. Remove from heat.

Season the sauce with salt, pepper and nutmeg to taste. Add spinach to the sauce, folding to combine.

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