



Elliott Evans Nutrition, LLC
Prevent and Protect
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CREAMED SPINACH AND MUSHROOMS

COOKING LIGHT – APRIL 2012

4 teaspoons canola oil, divided
8 ounces sliced cremini mushrooms
1 (10 ounce) package baby spinach
1/3 cup finely chopped shallots
2 teaspoons minced fresh garlic
3/4 cup fat-free milk
1 tablespoon all-purpose flour
3/8 teaspoon salt
1/4 teaspoon black pepper
 Dash of nutmeg
2 1/2 ounces 1/3-less-fat cream cheese

- Heat a large skillet over medium-high heat. Add 1½ teaspoons oil; swirl to coat. Add mushrooms; cook 6 minutes or until liquid evaporates. Remove mushrooms from pan. Add 1½ teaspoons oil to pan; swirl to coat. Add spinach; cook 1 minute or until spinach wilts. Remove from heat.
- Heat a Dutch oven over medium heat. Add remaining 1 teaspoon oil; swirl to coat. Add shallots and garlic; cook 1 minute, stirring constantly. Combine milk and flour, stirring with a whisk. Add milk mixture, salt, pepper, and nutmeg to pan; bring to a boil, stirring constantly.
- Add cheese; stir until cheese melts and the mixture is smooth. Add mushrooms and spinach to milk mixture, and toss gently to coat.