

# Our State eats

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## Creamed Spinach

*Yield: 4 to 6 servings.*

- 2** tablespoons unsalted butter
- ½** cup sweet onion, minced
- 2** pounds fresh leaf baby spinach, (de-stemmed, if preferred)
- 2** cloves garlic, minced
- ½** teaspoon kosher salt
- ½** teaspoon coarse-ground black pepper
- ¼** teaspoon freshly grated nutmeg
- 1** cup light cream
- 4** ounces cream cheese, at room temperature
- ¼** cup Parmesan cheese, grated

In a large frying pan over medium-high heat, melt butter and sauté onion until translucent. Add spinach and garlic. Cook until just wilted, about 1 minute. This can be done in batches.

Once spinach has been cooked, add salt, black pepper, and nutmeg, and stir. Add light cream and cream cheese, and cook until cream cheese melts, stirring occasionally.

Sprinkle with grated Parmesan cheese and serve.



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