

Creamy Spinach and Leeks

Serves 8

Ingredients

- > 2 leeks
- > 2 tablespoons of butter
- > 1 clove of minced garlic
- > 1 pound spinach
- > 3 tablespoons of all-purpose flour, or whole wheat flour
- > 1/2 teaspoon salt
- > 1/4 teaspoon pepper
- > 1/8 teaspoon ground nutmeg
- > 1/2 cups of milk
- > 1/2 cup of parmesan cheese

Instructions

1. Trim the dark green ends from leeks. Under cool running water, remove dirt from the inside of leeks. Pat dry and coarsely chop.
2. In a large skillet, melt butter over medium low heat. Add the leeks and garlic and cook until tender, around 10 minutes.
3. While the leeks and garlic are cooking, chop the spinach and set it aside. In a small bowl, combine the flour, salt, pepper and nutmeg, and set aside.
4. Add the spinach to the leeks and garlic. Stir until cooked.
5. Add the flour mixture to the skillet. Stir until the greens mixture is coated with the flour mixture.
6. Add the milk and stir until the mixture becomes thick. Stir in the parmesan cheese until melted.
7. Serve warm.

Storing Spinach

- > Store unwashed in an airtight bag in the refrigerator, where it will keep for approximately 3 to 5 days.

Storing Leeks

- > Store unwashed in the refrigerator, where they will last for up to 2 weeks.

Nutrition Facts	
Servings 8 Per Container	
Amount Per Serving	
Calories	91
	% Daily Value
Total Fat 5g	8%
Saturated Fat 3g	15%
Monounsaturated Fat 1g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 162mg	7%
Potassium 387mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 5g	9%
Vitamin A	110%
Vitamin C	31%
Calcium	15%
Iron	11%

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