

Creamy Spinach and Leeks

Serves 8

Ingredients

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

Instructions

1. Trim the dark green ends from the leeks. Under cool running water, remove dirt from the inside of the leeks. Pat dry and coarsely chop.
2. In a large skillet, heat olive oil 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	
8 servings per recipe	
Amount Per Serving	
Calories	110
% Daily Value	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330 mg	14%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A	50%
Vitamin C	20%
Calcium	15%
Iron	15%

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