



HG's Dreamy Creamed Spinach



1/4th of recipe (about 1/2 cup): 122 calories, 4g total fat (2g sat. fat), 501mg sodium, 10.5g carbs, 2.5g fiber, 4.5g sugars, 6g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

4 wedges The Laughing Cow Light Creamy Swiss cheese
2 tbsp. light whipped butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1 cup finely chopped onion
1 tsp. chopped garlic
1/4 cup fat-free milk
One 16-oz. bag frozen chopped spinach, thawed, drained, and thoroughly patted dry (see *HG Tip*)
1/4 tsp. nutmeg
1/8 tsp. each salt and black pepper

Directions

In a small bowl, stir cheese wedges until smooth.

Bring a large skillet to medium-high heat. Add butter, and let it coat the bottom. Add onion and garlic, and cook and stir until softened and browned, about 4 minutes.

Reduce heat to medium low. Add cheese and milk. Cook and stir until well mixed, about 1 minute.

Add spinach and seasonings. Cook and stir until well mixed and hot, about 2 minutes.

MAKES 4 SERVINGS

HG Tip: Drain the spinach in a fine-mesh strainer. Then use a clean dishtowel (or paper towels) to firmly press out as much liquid as possible.

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