



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.