

LOW CARB Creamed Spinach

SOURCE: alt.support.diet.low-carb COOKBOOK (Deb)

INGREDIENTS:

1 lb fresh or frozen spinach, washed/cleaned/cooked/drained well/chopped
1/2 small onion, minced (about 3 TBS)
1 TBS Butter
1/4 C Heavy cream
Pepper to taste
Pinch of Nutmeg

DIRECTIONS:

Skillet cook onion in butter over moderate heat - Stir in well-drained spinach, cream pepper + salt to taste - cook till most of cream is absorbed

I used fresh spinach and it came out really good.

Carbs: about 8 total

Serves 2+