

CREAMED SPINACH

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2/3 C low-fat (1%) cottage cheese

1/4 C low-fat (1%) milk

1 TBS grated Parmesan cheese

1/2 garlic clove, minced

1/4 tsp salt

1/8 tsp freshly ground pepper

2 10 oz bags triple-washed spinach, chopped/steamed till tender

DIRECTIONS:

In food processor or blender, combine cottage cheese, milk, Parmesan, garlic, salt & pepper - purée. Add 1/4 of the spinach - puree till smooth

In large nonstick skillet, combine remaining spinach with cottage cheese mixture. Cook, stirring occasionally till heat through (about 5 minutes). Serve.

Makes 4 servings

(per serving: 71 calories; 1g total fat; 1g saturated fat; 3mg cholesterol; 432mg sodium, 7g total carbohydrates; 4g dietary fiber; 10g protein, 201mg calcium - WW points per serving: 1)