



Photo by: Photo: Levi Brown;
Styling: Thom Driver

Creamed Spinach and Mushrooms

Try this fresh take of a steakhouse favorite--Creamed Spinach and Mushrooms. Don't skip the nutmeg, it brightens the flavor of this side dish.

This recipe goes with [Pecan-Crusted Trout](#), [Shrimp Vodka Pasta](#)

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Yield: Serves 6 (serving size: 1/2 cup)

Hands-on: 19 Minutes

Total: 19 Minutes

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Ingredients

4 teaspoons canola oil, divided	1 tablespoon all-purpose flour
8 ounces sliced cremini mushrooms	3/8 teaspoon salt
1 (10-ounce) package baby spinach	1/4 teaspoon black pepper
1/3 cup finely chopped shallots	Dash of nutmeg
2 teaspoons minced fresh garlic	2 1/2 ounces 1/3-less-fat cream cheese
3/4 cup fat-free milk	

Preparation

1. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil; swirl to coat. Add mushrooms; cook 6 minutes or until liquid evaporates. Remove mushrooms from pan. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add spinach; cook 1 minute or until spinach wilts. Remove from heat.
2. Heat a Dutch oven over medium heat. Add remaining 1 teaspoon oil; swirl to coat. Add shallots and garlic; cook 1 minute, stirring constantly. Combine milk and flour, stirring with a whisk. Add milk mixture, salt, pepper, and nutmeg to pan; bring to a boil, stirring constantly. Cook 3 minutes or until thickened, stirring constantly. Add cheese; stir until cheese melts and the mixture is smooth. Add mushrooms and spinach to milk mixture, and toss gently to coat.

Nutritional Information

Amount per serving

Calories: 102 Fat: 6.1g Saturated fat: 1.8g Monounsaturated fat: 2.7g Polyunsaturated fat: 1.1g
Protein: 4.8g Carbohydrate: 8.1g Fiber: 1.4g Cholesterol: 9mg Iron: 1.7mg Sodium: 241mg
Calcium: 111mg

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