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Easy Creamed Spinach Recipe

Round out any holiday spread with this veggie.

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Yields:

8 serving(s)

Prep Time:

15 mins

Total Time:

30 mins

Ingredients

Kosher salt and freshly ground black pepper

3 lb. baby spinach

3 Tbsp. unsalted butter

1/2 yellow onion, chopped

3 cloves garlic, chopped

2 Tbsp. all-purpose flour

1 cup whole milk

1 cup heavy cream

Pinch cayenne pepper

Pinch freshly grated nutmeg

Directions

Step 1

Bring a large pot of salted water to a boil. Cook spinach, in batches, until wilted and bright green, about 30 seconds. Use a spider to transfer to a colander. Once cool enough to handle, transfer to a clean dishtowel and squeeze out as much water as possible; coarsely chop.

Step 2

Melt butter in a large skillet over medium heat. Add onion and garlic. Season with salt and pepper. Cook, stirring occasionally, until onion is soft, 6 to 8 minutes. Add flour and cook, stirring, 1 minute. Slowly whisk in milk and cream. Cook, stirring occasionally, until thickened, 3 to 5 minutes. Stir in spinach, cayenne and nutmeg and cook until warmed through, 1 minute. Season with salt and pepper.