

# FOOD52

## Better than Creamed Spinach Spinach

By brooke's kitchen

Editors' Comments: This is a good recipe. The flavors of the onion, garlic, chili and tomato are subtle but definitely present and the Greek yogurt lends a lovely creaminess without being decadent. The recipe doesn't specify whether or not to seed the pepper: I did, but I would leave the seeds in if you're looking to really taste the spice. Sprinkling just a little bit of coarse sea salt, black pepper, and organic sugar over the finished dish made me love it just a little bit more, and maybe I can eat more spinach than most people, but I think this amount realistically only serves 1-2 people. - WinnieAb

When I remember eating spinach as a child, it was always creamy and delicious. It is a steakhouse favorite and ranks at the top of the comfort food list. Here is my take on creamed spinach without the fat laden cream. I sub greek yogurt (my new favorite ingredient) which results in the same delicious creaminess without all of the guilt!

Serves 2

- 2 tablespoons olive oil
- 1 red chile or jalepeno, diced
- 1/2 yellow onion, diced
- 1/2 tablespoon tomato paste
- 12 ounces of fresh spinach (two 6-oz bag)
- 1/2 teaspoon flour
- 1 cup Greek yogurt
- 1 garlic clove, diced

1. Heat 2 tablespoons of olive oil in a heavy pan.
2. Add half of a yellow onion that has been diced. Saute until translucent, about 3 minutes.
3. Add diced chile/jalapeno and saute for 1 minute. Add diced garlic clove.
4. Add 1/2 tablespoon tomato paste and cook for 1 minute.
5. Add spinach in 3 batches. Cook spinach until it wilts and then add next batch until all 3 batches have wilted.
6. While spinach cooks, mix 1/2 teaspoon flour with the greek yogurt until smooth. When spinach has wilted, mix greek yogurt into the spinach. Cook 1 minute. Season to taste and serve.