

# Creamed Spinach

*Swick*

Makes 1 1/2 to 2 cups s | Active Time: 30 minutes | Total Time: 40 minutes

- 1 tbsp extra-virgin olive oil (omit and use stock for oil-free)
- 1/4 cup minced shallots
- 1 tbsp minced garlic
- 1 lb (16 oz/454 gr) fresh spinach
- sea salt, to taste
- 1 to 1 1/2 cup Cashew Béchamel

To prepare the spinach, heat a large frypan over medium heat. Once the pan is hot add the oil, followed by the shallots. Let the shallots cook for a few minutes, or until they are soft and translucent.

Once the shallots are done, add the garlic and cook for another 30 seconds or so and then turn the heat up to medium-high and start to add the spinach, a few handfuls at a time.

Let the spinach cook for a few minutes, until most of the moisture has cooked out and then taste for seasoning — adding salt to taste.

Once done, place the spinach into a colander or strainer and let drain for 5 to 10 minutes.

Lastly, pulse or chop the spinach up a bit and then add it to a bowl and add about 1/2 cup of the Cashew Béchamel to the spinach and fold the two together, adding more béchamel until you reach the desired look and taste that you desire.