

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.