

Creamed Spinach

Creamed spinach is a classic holiday side dish. Fresh spinach leaves are blanched and then stirred into a luxurious cheesy cream sauce.

4 servings - Calories: 240kcal - Author: [Jessica Gavin](#)

Ingredients

- 16 ounces spinach (454g) washed and stems removed
- 2 quarts water (1.9L, 64 ounces)
- 1 teaspoon kosher salt (6g) for seasoning water
- 2 teaspoons minced garlic (6g)
- ½ cup diced shallots (64g, 2 ¼ ounces) ¼-inch dice
- 2 tablespoons unsalted butter (30g, 1 ounce)
- 2 tablespoons flour (16g, 1/2 ounce)
- ½ cup whole milk (120ml)
- ½ cup heavy cream (120ml)
- ¼ cup pecorino romano finely shredded (15g, ½ ounce)
- ¼ teaspoon ground nutmeg
- ¼ teaspoon black pepper

Instructions

- Remove the stems from the spinach or leave on if using baby spinach. Wash the spinach and shake off excess water.
- Bring 2 quarts of water and 1 teaspoon of salt to a boil in a large pot.
- Add a third of the spinach and blanch for 30 seconds. Transfer cooked spinach to a colander. Repeat with the remaining spinach.
- Run cool water over the spinach to stop the cooking process until they are cool to the touch.
- Gently squeeze out excess moisture from spinach using your hands.
- Heat a large skillet over medium heat.
- Add the butter, once melted add the garlic, saute until fragrant, 30 seconds.
- Add shallots and cook until tender, 2 minutes.
- Add the flour, stir to combine and cook for 2 minutes.
- Slowly add in the milk and heavy cream, whisking to combine until thickened sauce is formed, about 3 to 4 minutes.
- Reduce the heat to low, whisk in the cheese, nutmeg, and black pepper.
- Add in the cooked spinach, stir and cook until warmed through, 2 to 4 minutes.
- Taste the creamed spinach and adjust seasonings as needed. Serve immediately.

Notes

- Recipe makes about 2 cups creamed spinach
- **Serving Size:** ½ cup
- **Storage:** Creamed spinach can be stored in an airtight container for up to 2 days.
- **Reheat:** Microwave for 90 to 120 seconds, in 30-second intervals, stirring in between, until warmed through.

- **Using Frozen Spinach:** Defrost about 2 cups of frozen spinach, squeezing out some of the excess moisture. Add to the cream sauce to warm.

Nutrition

Calories: 240kcal | Carbohydrates: 10.35g | Protein: 7.4g | Fat: 19.9g | Saturated Fat: 12.2g | Cholesterol: 65.36mg | Sodium: 795.33mg | Potassium: 695.33mg | Fiber: 2.6g | Sugar: 2.26g | Vitamin A: 11320.93IU | Vitamin C: 32.33mg | Calcium: 249.48mg | Iron: 3.29mg