

Creamed Spinach

Macros per serving:

- 133 Calories
- 11g of Fat
- 3g of Protein
- 4g of Carbs

Servings 2

Cook Time 15 min

Ingredients

- 9 oz spinach
- 2 cloves garlic
- 1 tbsp butter
- 4 tbsp sour cream
- 1/2 tsp salt
- 2 tbsp Parmesan cheese



Instructions

1. Start off cooking the spinach in an oiled pan on medium heat. Use a potato masher to press the spinach down towards the heat to wilt faster.
 2. Keep using the potato masher to squeeze some excess water out of the spinach. You should see greenish liquid at the bottom of your pan. Let the spinach cook and the liquid evaporate a bit.
 3. When all the spinach is wilted, make some space in the center for the butter and garlic. Place a tablespoon of butter in the middle to melt and squeeze your garlic into the butter. Let that cook for a 2-3 minutes until the garlic is fragrant.
 4. Add in sour cream and salt and mix to combine. If there's still a lot of liquid in the pan, turn the heat down to low and let the whole mixture simmer and evaporate a little.
 5. When you've got a thicker mix, add Parmesan cheese and mix one last time. Serve right away with an extra sprinkle of Parmesan or a drizzle of olive oil.
-