Creamed Spinach with Bacon
From – www.simplyrecipes.com

1 pound fresh spinach, cleaned
3 strips of bacon, uncooked, finely chopped
1 clove garlic, finely chopped
1 medium onion, finely chopped
pinch of nutmeg
salt and pepper to taste
2 Tbsp butter
2 Tbsp flour
1 cup whole milk

• Blanch the spinach in a pot of boiling water until the spinach is wilted, about 1 to 2 minutes.
• Drain and rinse in cold water to stop the spinach from cooking further. Squeeze the spinach to remove all the moisture possible. Chop the spinach and set aside.
• Heat a large skillet on medium high.
• Add the chopped bacon and sauté until the bacon begins to render some of its fat.
• Add the chopped onion and garlic. Sauté until onions are translucent.
• Make the béchamel sauce. Melt butter in a small saucepan on medium/low heat until it just starts to bubble.
• Add the flour and cook, stirring until smooth, about 2 minutes.
• Slowly add the milk, whisking continuously, cooking until thick.
• Combine spinach, bacon and onion mixture, and béchamel sauce into one pan.
• Add nutmeg, salt and pepper to taste.
• Bring to a simmer, remove from heat and serve.

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