

Creamed Spinach

*Exchanges: One serving (2/3 cup) = 1 vegetable, 1 fat, 1/4 nonfat milk
One serving = 89 calories.*

1 clove garlic, minced fine
1 tablespoon margarine
1 1/4 cups frozen spinach, chopped
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon arrowroot
1/2 cup nonfat milk

Saute' garlic in margarine until brown; discard garlic.

Add spinach, which has been thoroughly thawed, salt and pepper; separate spinach with a fork. Cover tightly. Cook over low heat until spinach is tender and liquid has evaporated (about 4-5 minutes).

Form a smooth paste of arrowroot and milk; add to cooked spinach.

Heat, stirring constantly, until thick and smooth.

Yield: 2 cups

Per Serving (excluding unknown items): 201 Calories; 12g Fat (51.0% calories from fat); 10g Protein; 16g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 1407mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.