

# Spinach in Cream

*Cookbook Committee*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

## **Servings: 8**

*3 packages (10 ounce ea)  
chopped spinach  
2 tablespoons butter  
2 tablespoons flour  
1 teaspoon salt  
1 teaspoon pepper  
1/4 teaspoon nutmeg  
3/4 cup half-and-half  
onion salt  
croutons (for garnish)  
egg slices (for garnish)*

Cook and drain the spinach. Put through a sieve.

In a pan, melt the butter. Cook and stir for 5 minutes. Add the spinach and cook over low heat until slightly dry.

Season to taste. Add the cream. Let cook for a few more minutes.

Serve garnished with croutons and egg slices.

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Per Serving (excluding unknown items): 36 Calories; 3g Fat (71.4% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 305mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.