
Spinach Madeleine

The Essential Southern Living Cookbook

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

2 packages (10 ounce ea) frozen chopped spinach

1/4 cup butter

1/2 teaspoon minced fresh garlic

2 tablespoons all-purpose flour

1 cup milk

1 loaf (8 ounce) pasteurized prepared cheese product, cubed

1 teaspoon hot sauce

1/2 teaspoon Creole seasoning

Cook the spinach according to package directions. Drain.

Melt the butter in a medium saucepan over medium heat. Add the garlic and saute' for 1 minute. Whisk in the flour until smooth. Cook, whisking constantly, for 1 minute. Gradually whisk in the milk. Cook, whisking constantly, for 2 minutes or until the mixture is thickened and bubbly.

Add the cheese, hot sauce and Creole seasoning. Whisk until the cheese is melted. Stir in the spinach. Cook until thoroughly heated.

Yield: 4 cups

Side Dishes

Per Serving (excluding unknown items): 837 Calories; 57g Fat (56.8% calories from fat); 37g Protein; 61g Carbohydrate; 28g Dietary Fiber; 157mg Cholesterol; 1494mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 1 Non-Fat Milk; 10 1/2 Fat; 0 Other Carbohydrates.