

Spinach Spaetzle

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*1 package (10 ounce)
frozen spinach, thawed and
squeezed dry
1/2 cup milk
2 eggs
3/4 teaspoon salt
pinch nutmeg
1 3/4 cups flour
butter (for tossing)
salt
pepper*

In a food processor, puree the spinach, milk, eggs, salt and nutmeg until smooth.

In a bowl, combine the mixture with the flour. Transfer to a cutting board. Use the back of a knife to scrape off small strips of dough.

Boil for 2 to 3 minutes. Remove to a bowl with a slotted spoon. Toss with butter, a splash of the cooking water, salt and pepper.

Per Serving (excluding unknown items): 1057 Calories; 17g Fat (14.3% calories from fat); 44g Protein; 180g Carbohydrate; 11g Dietary Fiber; 441mg Cholesterol; 1918mg Sodium. Exchanges: 11 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.