

Creamed Spinach with Crispy Topping



Preparation Time: 20 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 3 Tablespoons butter
- 1/2 onion, diced
- 3 Tablespoons flour
- 1 cup chicken broth
- 1/2 cup heavy cream
- 16 ounces prewashed baby spinach, bagged or in containers
- Salt and pepper, to taste
- 1 cup fresh breadcrumbs
- 3 ounces Parmesan, grated or shredded
- 1 teaspoon dried thyme
- 1 Tablespoon butter, melted

Description:

Preheat oven to 400°F.

In a large Dutch oven or stockpot, melt butter over medium heat. Stir in onion and cook 3 to 5 minutes or until onion is softened, stirring occasionally. Add the flour and cook, stirring, for one minute. Whisk in chicken broth. Stir in heavy cream. Add baby spinach by the handful, stirring after each addition. Once all the spinach is added, cover and cook over low heat for about 2 to 3 minutes, or until spinach is wilted. Season with salt and pepper, to taste.

Transfer spinach to a 9-inch baking dish. Thoroughly combine the breadcrumbs, parmesan, thyme, and butter; scatter over the spinach. Bake 12 to 15 minutes or until spinach is bubbly and the topping is golden brown.

Sara's Tip: This side dish can be paired with grilled or baked Alaska salmon, cod or halibut. It's a tummy-warming-dish that cuts the calories with broth instead of cream for richness. Add oxygen-carrying iron to your meals with spinach to help prevent anemia.