

Creamed Spinach

Serves 4

- 28 g unsalted butter
- 1 medium yellow onion, finely chopped
- ½ tsp fine salt
- Freshly ground black pepper
- Tiny pinch of cayenne pepper (optional, for subtle heat)
- 450 g baby spinach (regular spinach leaves only)
- 4 cloves garlic, pressed or minced
- 116 g cream cheese, cut into 2.5-cm chunks
- 113 g freshly grated Parmesan cheese



1. In a medium Dutch oven over **medium heat**, melt the **butter**.
2. Add the **onion, salt, pepper** and optional **cayenne**. Cook until the onion is soft, **about 5 minutes**.
3. Add the **spinach** in big handfuls, stirring after each one. Cook until all the spinach is wilted, **about 3 to 5 minutes**.
4. Add **garlic** and cook until fragrant, **about 1 more minute**.
5. Add the **cream cheese** to the pot. Continue cooking and stirring until the cream cheese has completely melted and the mixture is creamy.
6. Add the **parmesan** and stir to combine.
7. Remove the pot from the heat. Carefully taste, and season with additional **salt** and **pepper**.
8. Serve warm.