



**CULVER PEDIATRICS
CENTER**

Modern Medical Care, Old Fashioned Service

Creamed Spinach (or Kale)

Ingredients:

16 oz kale or spinach from [Flower Hill Farm](#) (washed, stems removed)
2 small onions, finely chopped ([Hole in the Woods Farm](#))
6 garlic cloves, minced (Flower Hill Farm)
A few leaves of sage, chopped (Hole in the Woods Farm)
Approx 1 cup of [Cashew Green Sauce](#) (stop at the first part of the directions, before sauté with onions/kale)
Salt and pepper to taste
½ cup nutritional yeast
Grapeseed Oil

Directions:

1. In a large saucepan, sauté onions and garlic in EVOO or grapeseed oil until fragrant and softened.
2. Add the kale/spinach and sage. Mix well.
3. Sauté until wilted.
4. Add the prepared green sauce and mix until sauce thickens slightly.
5. Add nutritional yeast while it cooks. Mix well.
6. Salt and pepper to taste.
7. Remove from heat.

I serve creamed spinach as a side dish, especially over the holidays. I also use it as a dip with crackers and raw veggies. Or as part of a sandwich with avocado and tomato. Goes great as a topping on Chad's bagels from Hole in the Woods Farm.

