

Creamed Spinach



Ingredients

3 1/2 oz cashews
29 oz spinach
3 5/8 tsp extra virgin olive oil
2 1/2 oz yellow onion, minced
1 1/4 tsp garlic, minced
9 1/2 tbsp water
7/8 tsp lemon juice
5/8 tsp apple cider vinegar
1/8 oz sea salt
1/8 tsp nutmeg, ground
2 5/8 tsp nutritional yeast

Preparation

1. Make cashew cream using cashews, lemon juice, apple cider vinegar, sea salt, nutmeg, and nutritional yeast.
2. Fill skillet with water and bring to a boil. Add the spinach. Cook until bright green and wilted, about 2 minutes. Pour the spinach into a colander and apply pressure to the top to remove all of the liquid. Transfer the spinach to a cutting board and coarsely chop it. If there's still a lot of liquid coming out, place a towel over the top and apply pressure to soak up any remaining water.
3. Heat the olive oil. Add the onion and garlic and sauté for 5 minutes. Add the spinach and cook for 5 minutes more.
4. Stir the cashew cream into the spinach mixture, then remove from the heat.

Nutritional Analysis per Serving

Yield: 6, 4-oz servings. Calories: 160 | Total Fat: 10 g | Saturated Fat: 1.5 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 310 mg | Total Carbohydrate: 11 g | Dietary Fiber: 4 g | Total Sugars: 1 g | Protein: 7 g | Vitamin D: 0 µg | Calcium: 138.95 mg | Iron: 7.9 mg | Potassium: 138 mg

Recipe courtesy of [Plantable.com](https://plantable.com)