



Creamed Spinach

Served with prime rib or steaks in the best restaurants

1/2-pound fresh spinach
2 strips cooked bacon
1 small onion, peeled, chopped
1 small garlic clove, minced
1/2 teaspoon seasoned salt
1/8 teaspoon white pepper
1 Tablespoon unsalted butter
1 Tablespoon avocado oil
2 Tablespoons chickpea flour
1 cup milk or almond milk

Garnish: herb sprig

- In a saucepan of boiling water, add spinach; cook 3 to 4 minutes and spinach is a bright color.
- Drain and rinse in cold water; place on paper towel to cool; squeeze dry.
- In a skillet, cook bacon until crisp; remove; set aside.

- Add onion, sauté onion until softened and starting to brown; add garlic, cook 1 minute.
 - Place bacon and onion mixture in food processor; season with salt and white pepper. Set aside.
 - In a saucepan, melt butter and add avocado oil; stir in flour and blend thoroughly.
 - When mixture is smooth, add milk, stirring to form a cream sauce.
 - Stir in onion bacon mixture and spinach; bring to a slow boil.
- Serves: 2 to 3

Recipe Inspired by: Ford Treasury of Favorite Recipes Vol. 3, 1959

About the Recipe: This is a creamy sauced hot spinach side dish that is flavored with onions, bacon, and garlic. It was very popular long ago in gourmet restaurants.

Recipe Story:

If you were going out to a fancy restaurant like Lawry's The Prime Rib in Beverly Hills, California, you probably would be ordering prime ribs of beef that are roasted in a coating of rock salt. Then the chef would wheel it to the diner's table and carve it to your individual order. After that, the most popular side dishes would be added, double whipped baked potatoes and creamed spinach.