



Spinach Au Gratin

Makes 8-10 servings

Ingredients

3 tablespoons butter
1 large onion, chopped
2 cloves garlic, minced
¼ cup all-purpose flour
2 ½ cups milk
Salt and pepper to taste

⅛ teaspoon nutmeg
(5) 10-ounce boxes frozen spinach, defrosted and thoroughly drained (squeeze liquid out using a dish towel)
½ cup parmesan cheese, grated
½ cup Monterey Jack or gruyere cheese, grated

Instructions

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart casserole dish with cooking spray and set aside.
3. Heat a large skillet over medium heat, add butter.
4. Sauté onions until translucent, about 4 minutes, add garlic, cook an additional minute.
5. Sprinkle in flour and cook until lumps are gone, about a minute.
6. Add milk, salt, pepper and nutmeg, stir to combine. Bring to a boil then reduce heat to low and simmer for 10 minutes. Stir frequently to prevent scorching.
7. Add drained spinach and parmesan to pot and stir to combine.
8. Transfer to prepared baking dish and sprinkle top with Monterey Jack or gruyere cheese.
9. Bake for 30 minutes or until cheese becomes golden and dish is hot and bubbly.

Nutrition Facts

Serving Size: 1 cup; Calories Per Serving 193; Total Fat 11g; Cholesterol 29mg; Sodium 572mg; Potassium 1,135mg; Carbohydrates 14g; Protein 12g

Source: www.everydaydishes.com

