

Creamed Spinach

INGREDIENTS

- 2 TBS butter
- 1 small yellow onion, diced
- 3 cloves garlic, diced
- 1 package frozen spinach
- 2C Goats Milk Kefir (you can also use regular milk or regular kefir, I like the kefir because it's a little heavier and is a good source of probiotics and I think the goats milk adds a lot of flavor)
- 1TSP Himalayan Salt
- 1/2TSP Black Pepper
- 2C Parmesan Cheese, grated

1. Cook the spinach according to the direction on the package; make sure to drain and use a towel to remove any excess moisture.
2. Then, melt butter in a saucepan and begin to sauté onion and garlic until onion just barely turns translucent.
3. Season with salt and pepper and mix well.
4. Whisk in the kefir and bring to a boil, stirring consistently.
5. Bring heat to a simmer and add 1C of parmesan cheese and whisk vigorously until melted. R
6. emove heat and add spinach, combine well then fold in the remaining 1C cheese and mix until cheese melts.
7. Place over stovetop if you need to reheat.
8. Serve garnished with extra cheese and chopped green onion.