RECIPE

Creamed Spinach Gratin

Spinach in a thick white sauce under a golden cheese top, a savory dinner side that can be built a day ahead. Made with skim milk and olive oil, about 3 g saturated fat and 375 mg sodium a serving.

MAKES

6 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 2 packages (10 oz each) frozen chopped spinach, thawed and squeezed dry
- [ ] 1 tbsp olive oil
- [ ] 1 small onion, finely diced (about ½ cup, 80 g)
- [ ] ¼ tsp garlic powder
- [ ] 3 tbsp all-purpose flour
- [ ] 1 ¼ cups skim milk
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] ¼ cup grated Parmesan
- [ ] ¾ cup shredded reduced-fat Monterey Jack, divided
- [ ] 1 tsp olive oil for the dish

Method

1. Heat the oven to 375 °F. Brush an 8-inch square dish with 1 tsp olive oil or any 1½-quart dish. Wring the thawed spinach in a clean towel until almost no water comes out.
2. Warm the olive oil in a large skillet on medium. Cook the onion 4 minutes, until soft. Stir in the garlic powder for 15 seconds.
3. Stir in the flour and cook 1 minute. Pour in the skim milk a little at a time, stirring, then simmer 3 to 4 minutes, until it coats the back of a spoon. It will be looser than a cream sauce; the flour and the spinach thicken it as it bakes.
4. Take the pan off the heat. Stir in the Parmesan, a third of the Jack, the salt and the pepper. Fold in the spinach.

5. Spoon into the dish and scatter the rest of the Jack over the top.

6. Bake 20 to 25 minutes, until bubbling at the edges and spotted gold on top. Rest 5 minutes before serving.

7. To make it ahead, stop at step 5, cover and refrigerate up to 1 day. Bake 30 to 35 minutes, until the middle reads 165 °F.