



Makeover Spinach Gratin

Makes 13 servings

Ingredients

3 tablespoons whipped butter
1 cup finely chopped onion
¼ cup flour
¼ teaspoon fresh grated nutmeg
3 cups 2 percent milk
3 pounds (three 16-ounce packages) frozen, chopped

spinach, defrosted
¾ cup freshly grated Parmesan cheese
1 tablespoon kosher salt
½ teaspoon freshly ground black pepper
½ cup shredded Swiss or Gruyere cheese

Instructions

1. Preheat the oven to 425 degrees.
2. In a heavy-bottomed sauté pan, melt the butter over medium heat.
3. Add the onions and sauté until translucent, about 10 – 12 minutes.
4. Add the flour and nutmeg; cook 2 more minutes, stirring occasionally.
5. Add the milk and cook until thickened, about 5 – 7 minutes.
6. squeeze as much liquid as possible from the spinach and add the spinach to the sauce.
7. Add ½ cup of the Parmesan cheese and mix well.
8. Season to taste with salt and pepper.
9. Transfer the spinach to a large baking dish and sprinkle the remaining ¼ cup Parmesan and the Swiss or Gruyere cheese on top.
10. Bake for 20 minutes until hot and bubbly. Serve hot.

Nutrition Facts

Serving size: ½ cup; calories: 111; fat: 5.5g; saturated fat: 0g; cholesterol: 0mg; sodium: 287mg; carbohydrates: 9.2g; dietary fiber: 2 g; protein: 7.7g; sugars: 2.6g

Source: www.skinnytaste.com