

Zola-fied Berghoff Spinach



Plan Z Phase: This is a Z2 (ZReduction) recipe. The Berghoff is a famous Chicago restaurant. It's been here for several decades. Their creamed spinach is an institution in itself. I figured out how to make a version that will work on ZReduction. Try it with my Baked Salmon.

Serving Size: Serves 6

Ingredients:

- 2, 10 ounce packages frozen chopped spinach, thawed
- 1 small onion, finely chopped
- 1/2 cup of whipping cream
- 1/2 cup of chicken or vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon grated pepper

Instructions:

I thaw my spinach on the cupboard in the box. When thawed, cut open the package and spread the spinach on a double layer of paper towels. Fold the towels over and press. You are working to squeeze some of the moisture out of the spinach. I do this twice

with fresh paper towels each time.

In a medium saute pan, spray a bit of olive oil spray. Add the onion and sweat the onion until it loosens. This means cooking it on low and moving it around so it doesn't brown and stick.

Add the cream, broth, spices and the spinach. Cook on medium until the cream begins to thicken the sauce. It won't be as dreamy, creamy as regular creamed spinach but it doesn't have the butter and cheese that are in many recipes either.

Enjoy!

Cheers,