

# Creamed Spinach with Bacon

From – [www.simplyrecipes.com](http://www.simplyrecipes.com)

1 pound fresh spinach, cleaned  
3 strips of bacon, uncooked, finely chopped  
1 clove garlic, finely chopped  
1 medium onion, finely chopped  
pinch of nutmeg  
salt and pepper to taste  
2 Tbsp butter  
2 Tbsp flour  
1 cup whole milk

- Blanch the spinach in a pot of boiling water until the spinach is wilted, about 1 to 2 minutes.
- Drain and rinse in cold water to stop the spinach from cooking further. Squeeze the spinach to remove all the moisture possible. Chop the spinach and set aside.
- Heat a large skillet on medium high.
- Add the chopped bacon and sauté until the bacon begins to render some of its fat.
- Add the chopped onion and garlic. Sauté until onions are translucent.
- Make the béchamel sauce. Melt butter in a small saucepan on medium/low heat until it just starts to bubble.
- Add the flour and cook, stirring until smooth, about 2 minutes.
- Slowly add the milk, whisking continuously, cooking until thick.
- Combine spinach, bacon and onion mixture, and béchamel sauce into one pan.
- Add nutmeg, salt and pepper to taste.
- Bring to a simmer, remove from heat and serve.



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