“Creamed” Spinach in a new light

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 5 minutes
Difficulty: Easy

Ingredients:

- 1/2 cup fat-free cottage cheese
- 2 teaspoons olive oil
- 1 shallot or 1/2 small red onion, finely chopped
- 1 clove garlic, minced
- 1 large bunch spinach, trimmed and well washed
- 1/4 teaspoon freshly grated or ground nutmeg

Directions:

In the work bowl of a food processor, add the cottage cheese and process, stopping to scrape down the sides of the bowl as needed, until velvety smooth, about 2 minutes. Set aside.

Heat the oil in a large nonstick saucepan or Dutch oven over medium-high heat. Add shallot or onion and garlic and cook, stirring, until softened, about 2 minutes. Add spinach, stir to coat, and cover. Cook, stirring occasionally, until wilted but still bright in color, about 2 minutes. Drain off and discard any liquid.

Carefully add the hot cooked spinach to the cottage cheese in the food processor, sprinkle with the nutmeg and pulse a few times to finely chop. Serve at once.

Nutritional Information: Per serving (1/2 cup): 70 calories, 2.5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 180 mg sodium, 7 g carbohydrate, 2 g fiber, 6 g protein.