

## **Creamy Sauteed Spinach**

Debbie Glasscock - Conway, AR

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**1 tablespoon olive oil**

**1 small onion, chopped**

**2 packages (10 ounce ea) frozen spinach, thawed and squeezed dry**

**2 cloves garlic, minced**

**8 ounces cream cheese, softened**

**1/4 cup 2% milk**

**1/2 teaspoon salt**

**1/2 teaspoon pepper**

In a large skillet over medium-high heat, heat the olive oil. Add the onion. Cook and stir until tender, 5 to 7 minutes.

Add the spinach and garlic. Cook 2 minutes longer.

Stir in the cream cheese, milk, salt and pepper. Cook until the cream cheese is melted.

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Per Serving (excluding unknown items): 1070 Calories; 95g Fat (77.1% calories from fat); 30g Protein; 34g Carbohydrate; 12g Dietary Fiber; 253mg Cholesterol; 2002mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 5 Vegetable; 0 Non-Fat Milk; 17 1/2 Fat.