creamed spinach & kale



prep time:
5

featured product:
baby spinach

Pump up your standard side dish to be decadent and creamy but packed with the “nutrition superstar” KALE! The best way to get everyone to eat their veggies.

ingredients

1 bunch of kale, stem is removed and chopped small/bitesize
1 box **organic girl baby spinach**
6 tbsp of butter
1 cup half-and-half
2 garlic cloves, minced
1/2 small yellow onion, finally chopped
1/3 cup grated parmesan cheese
nutmeg
salt and pepper to taste

directions

1. bring a medium pot of water to boil. Add kale and let boil for 5 minutes. strain.
2. In a heavy bottomed, large saute? pan melt 6 tablespoons of butter. once butter starts to foam, add onion and garlic. saute? for 5 minutes until translucent.
3. add heavy cream, bring to a simmer and simmer on low for 10 minutes, until cream has thickened
4. add parmesan cheese. stir until well incorporated
5. add fresh organic girl baby spinach to cream mixture. stir often until spinach is wilted
6. add kale. season with salt, pepper & a pinch of nutmeg. Stir until all greens are covered in cream