

Creamy Spinach with Mushrooms

Ingredients	Instructions
½ cup onion diced to ½" (from either 1 bunch green onions, white parts only, or ½ small yellow or red onion) 1 cup mushrooms (preferably cremini) cut in ¾" pieces (from about 3 large mushrooms) 1 Tbsp. Butter	Saute Onion In a large skillet, melt butter over medium heat until it begins to gently sizzle. Stir in onion and mushrooms and saute, stirring occasionally, until mushrooms are browned, about 8-10 minutes. Push vegetables to sides of pan.
1-2 tsp. butter 2 tsp. dried leaf basil 1/8 tsp. ground nutmeg	Add Seasonings In center of pan, melt 1-2 tsp. butter and stir in basil and nutmeg into it. Cook and stir a couple minutes then stir into onion and mushrooms.
1 Tbsp. whole wheat flour 1 cup whole milk (or coconut milk or other milk alternative) Sea salt and freshly ground pepper, to taste	Make the Cream Sauce Reduce heat to medium low. Sprinkle flour over vegetable mixture and stir to combine, then add milk and stir again to combine. Stir in salt and pepper. Cook, stirring occasionally until sauce begins to simmer and thicken.
4-6 cups spinach, chopped into roughly 1-2" pieces (or 10-oz. pkg. frozen chopped spinach) Optional Add-Ins 2-3 shakes cayenne pepper Freshly squeezed lemon juice	Add Spinach Stir spinach into sauce and continue cooking, stirring occasionally, until spinach wilts. Taste and adjust seasonings. If desired, experiment with optional add-ins.

Other Vegetables

Creaming is an easy way to add interest (and yummy-ness) to vegetables. Experiment with some of the following, but be sure to precook since they take longer to cook than quick-cooking spinach.

- Cauliflower
- Broccoli
- Carrots
- Asparagus
- Green Cabbage

Serves: 4

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Mary Collette Rogers, Healthy Kitchen Companion
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