

Creamed Spinach

1 bag fresh spinach (9 oz)

1 container (6 oz) Fage Total 0% Greek Yogurt (or other brand 0% fat Greek Yogurt)

2 shallots, chopped

2 garlic cloves, finely minced

3 tbs freshly grated parmesan cheese

Dash sea salt

Sauté shallots and garlic with sea salt in a sauté pan sprayed with nonfat cooking spray. Heat yogurt, sautéed shallots, and garlic in a saucepan over medium heat, stirring constantly. When bubbles start to form, stir in parmesan cheese and cook/stir until cheese is blended. Set sauce aside.

In other pan, steam the spinach (or steam lightly in microwave) to desired doneness. Add spinach to sauce and enjoy!