



Tone Up Your Turkey

Creamed Corn and Spinach

Recipe

Serves 6-8

Ingredients

- ◆ 4 medium ears of fresh corn, husks and silk removed, or 2 cups of frozen kernels
- ◆ 2 tablespoon of olive oil
- ◆ ¼ cup red onion, diced
- ◆ 2 medium garlic cloves, minced or pressed
- ◆ 3 tablespoons of flour
- ◆ 2 (10-ounce) packages frozen spinach, thawed
- ◆ 2 tablespoon low-fat cream cheese
- ◆ 1/2 teaspoon garlic powder
- ◆ 1 ½ cups 1 percent milk
- ◆ ½ cup vegetable broth
- ◆ ¼ cup fat free evaporated milk
- ◆ ¼ teaspoon nutmeg
- ◆ Salt and pepper

Directions

1. Cut the kernels from the ears of corn and transfer them to a medium bowl. Firmly scrape the cobs with the back of a butter knife to collect the pulp and milk in the same bowl.
2. Squeeze all of the water from the spinach.
3. Heat olive oil in a medium saucepan over medium-high heat. Add onion and garlic. Add the flour and cook, stirring, for 30 seconds.
4. Add the cream cheese, garlic powder, onion salt, milk and broth and cook, scraping up any bits from the bottom of the pan. Bring to a simmer and cook for 2 minutes.
5. Add the corn and pulp and simmer until corn is tender, about 10-15 minutes. Stir in spinach, and the evaporated milk and nutmeg and season to taste with salt and pepper.

