

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Spinach in Mustard Cream Sauce

Ingredients:

- ♥ 16 oz. sliced mushrooms (your choice of white mushroom caps or baby portobello)
- ♥ 10-12 cups baby spinach leaves (trust me, looks like a lot but fresh spinach shrinks down to nothing)
- ♥ extra virgin olive oil (about 4 T. total)
- ♥ 8 strips bacon, cut into 1 inch pieces
- ♥ 2 tablespoons butter
- ♥ 1 small onion, diced
- ♥ 3 cloves garlic, chopped
- ♥ 2 tablespoons flour
- ♥ 1 cup milk or cream
- ♥ 1 teaspoon each garlic powder and onion powder
- ♥ 2 tablespoons grainy mustard
- ♥ 1 tablespoon white miso (optional)
- ♥ 1/2 cup Parmigiano Reggiano cheese, grated
- ♥ salt and pepper to taste



Instructions:

In a sauté pan over med-high heat, add about 2 tablespoons oil and the mushrooms, along with a good pinch of salt, and sauté until the mushroom release their moisture and start to cook down, about 8-10 minutes.

Remove mushrooms from pan, and in the same pan add the spinach along with another tablespoon of olive oil and pinch of S+P, and cook down until wilted, about 3-5 minutes. Remove spinach and set aside with cooked mushrooms.

In a separate pan, cook the bacon over med-high heat, about 8 minutes, set it aside and drain all but a tablespoon of the grease. Add the butter to the pan and let it melt and bubble. Add the onion and cook until tender, about 5-7 minutes. Add the garlic and cook until fragrant, about a minute.

Mix in the flour and let cook until it just starts to brown a little. Mix in the milk, onion and garlic powder, mustard, miso, parmesan, cooked mushrooms/spinach and bacon, season with salt and pepper and let it simmer until it thickens, about 3-5 minutes.

Compliments of Eat Your Heart Out Edibles

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