

Creamed Spinach

1 ½ pounds spinach
1 cup vegetable broth
1 bunch green onions, minced
1 stalk green garlic, minced
2 Tbs. butter
2 Tbs. flour
1 cup milk
¾ cup yogurt
½ cup grated parmesan cheese
1 tsp. nutmeg
1 tsp. tarragon
salt and pepper to taste

In a large skillet, melt the butter on medium heat, and sauté in the onions, garlic, nutmeg, and tarragon. Stir in the flour, and sauté for one minute. Wisk in the milk, and stir until thickened. Turn the heat down to low, and mix in the yogurt and parmesan cheese. Stir one minute more, and turn off the heat. Meanwhile in a large pot heat the vegetable broth on high until it boils. Add in the spinach, and stir continuously until the spinach is just wilted. Stir the spinach and broth into the cream sauce. Stir until well combined. Let sit five minutes before serving.