

FLY TRAP CREAMED SPINACH

INGREDIENTS:

- 3 pounds spinach
- 2 to 3 leaves Swiss chard
- 3 table-
spoons but-
ter
- 3 table-
spoons flour
- Salt, pepper,
nutmeg
- 1 cup hot
milk

INSTRUCTIONS: Wash and drain spinach and chard. Put half of spinach in a skillet without water. Cover and cook over low heat until wilted, about 5 minutes. Turn spinach and cook a few minutes longer. Puree or chop very fine. (See note.) Repeat with remaining spinach and Swiss chard.

Melt butter. Add flour and seasonings to taste; stir until smooth. Add hot milk, a little at a time, and continue cooking until thick and creamy and flour is thoroughly cooked, at least 10 minutes over very low heat. Add chopped spinach/chard mixture; mix well and heat to bubbling. Serves 8.

Editor's note: If using a food processor, be very careful not to overprocess, unless you don't mind a soupy baby-food consistency.