



CHEF'S EXPRESSIONS
fashionable catered events

Creamed Spinach on Toast

by Jerry Edwards, CPCE

- 8 thick slices of white or wheat bread- toasted
- 2 pounds fresh spinach leaves (Frozen spinach can be substituted)
- 1 cup heavy cream
- 1 whole Vidalia or sweet onion
- 1 cup fresh sliced mushrooms
- 4 cloves garlic
- ½ tsp vegetable oil
- 3 ounces grated havarti cheese
- 2 tsp. butter
- Sea Salt
- Black Pepper
- 3 ounces of milk

Oil garlic cloves sprinkle with sea salt and place in some aluminum foil.

Chop Onions into a large dice and add to a sauce pan in some butter. Sauté until tender. Add mushrooms to the onions. Crush roasted garlic and add to the onions. Add heavy cream reduce till thickened enough to cover the back of a spoon. Add spinach to the pan and reduce till all the spinach is incorporated. Use the milk if you need to thin out the sauce. Add cheese and reduce till thickened.

Pour over top of the toast and serve.