



4 teaspoons olive oil
8 ounces sliced baby portabella mushrooms
1 (10 ounce) bag of baby spinach
1 large shallot, finely chopped
2 cloves garlic, minced
¾ cup milk
1 tbsp flour
¼ tsp salt
¼ tsp black pepper
Dash of nutmeg
2 ½ ounces of low-fat cream cheese
¼ cup grated parmesan cheese

1. Heat a large skillet over medium heat. Add 2 tsp oil to coat bottom of pan. Add mushrooms and sauté about 6 minutes or until soft and all liquid is gone. Remove from pan and set aside. Add 1 tsp oil to coat pan and then add spinach. Toss, allowing all spinach to make contact with heat until all wilted, about 1-2 minutes. Remove wilted spinach from pan.
2. Add remaining 1 tsp oil, shallot and garlic. Stir and allow to brown, about 1 minute. Add flour to milk and stir. Pour milk mixture along with salt, pepper and nutmeg into pan. Stir constantly, mixture will bubble and thicken. Add cream cheese and stir until melted.
3. Add back cooked mushrooms, spinach and parmesan cheese. Stir to combine.

