

VEGAN CREAMED SPINACH

edible ink + 2020

INGREDIENTS

- 1 cup whole cashews
- 3 pounds spinach, de-stemmed (fresh or frozen)
- 2 tablespoons extra virgin olive oil
- ½ yellow onion, diced.
- 4 cloves garlic, minced or sliced depending on preference.
- 1 cup water
- 1 teaspoon lemon juice
- 1 teaspoon apple cider vinegar
- 1 ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon ground nutmeg

DIRECTIONS

1. **Soak the cashews.** Measure and soak overnight in the fridge, OR measure into a bowl, cover with boiling water and let stand for one hour.
2. **Blanch the spinach.** Remove spinach stems and roughly chop the leaves. Bring a large pot of water to a boil with a pinch of salt. Add the spinach. Cook for two minutes. If using frozen, cook extra two minutes to allow for defrosting.
3. **Drain the spinach.** Using a colander, drain the spinach. Rinse with cool water in the sink. Gently squeeze all excess water from the spinach. Make sure the spinach has as little water in it as possible, or it will cook into the sauce and make it watery.
4. **Sauté onions and garlic.** Heat olive oil over medium heat. Add onions and garlic. Saute for five minutes and remove from heat.
5. **Prep the sauce.** Drain cashews. Add cashews, water, lemon juice, apple cider vinegar, salt and nutmeg to blender. Add cooled garlic and onions. Blend until smooth.
6. **Combine the sauce and spinach.** In the pan, add drained spinach and pour over sauce. Warm until heated through. Serve!