

Creamed Spinach and Kale



Makes about 7 servings | Serving 3 oz | 1.9 g protein and 103 mg PHE

Ingredients:

- 1 TBSP Butter
- 1/4 c Diced Raw Onions
- 3 clove(s) Garlic, minced
- 170 g Kale, frozen, thawed
- 125 g Violife Just Like Cream Cheese Original
- 56 g Follow Your Heart Parmesan Style Shredded
- 2 oz. Violife Just Like Mozzarella Shreds
- 4 fl.oz. Rice milk
- 170 g Spinach, frozen, thawed and excess water squeezed out

Directions:

1. In a medium skillet over medium heat, melt the butter. Once heated, add the onions and sauté until translucent and aromatic. Add the garlic and sauté for another minute. Next add the kale and sauté for about two minutes. This will allow the kale to soften.
2. Now add the cream cheese and rice milk. Continue to cook over medium heat, stirring occasionally until the cream cheese has melted and is creamy. Add the cheeses and stir until melted and creamy. If too thick, add a little more rice milk. Add the spinach and stir well. Season as needed with salt and pepper. Serve immediately.