

## Cheesy Creamed Spinach: Easy & Decadent Side Dish

, washed and stems removed (about 10-12 cups loosely packed)



**TIME**  
**1 min**

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### INGREDIENTS

1 lb fresh spinach, washed and stems removed (about 10-12 cups loosely packed)  
2 tablespoons unsalted butter  
2 cloves garlic, minced  
2 tablespoons all-purpose flour  
1 cup whole milk  
1/2 cup heavy cream  
1 cup shredded mozzarella cheese  
1/2 cup grated Parmesan cheese  
Salt and pepper to taste  
Pinch of nutmeg (optional)

#### Swaps and Notes:

**Spinach:** Fresh spinach is highly recommended for best results. Frozen spinach can be used in a pinch, but ensure it's thoroughly thawed and very well squeezed dry to remove all excess water, otherwise your sauce will be watery.

**Butter:** Unsalted butter is preferred to control the saltiness.

**Garlic:** Freshly minced garlic provides the best flavor.

**Flour:** All-purpose flour helps thicken the sauce into a roux. For a gluten-free option, you can use a gluten-free all-purpose flour blend or a cornstarch slurry (1 tablespoon cornstarch mixed with 2 tablespoons cold water, added slowly after cream/milk).

**Milk/Cream:** Whole milk and heavy cream provide the richest, creamiest sauce. Half-and-half can be used for a slightly lighter version, but the texture might be thinner.

**Cheese:** Mozzarella provides stretch and meltiness, while Parmesan adds salty, nutty depth. Freshly shredded/grated cheeses will melt smoother than pre-packaged shredded cheeses (which often contain anti-caking agents).

**Nutmeg:** A pinch of nutmeg is a classic addition to creamed spinach, enhancing its savory notes subtly. Don't skip it if you have it!

**Spice:** A tiny pinch of red pepper flakes can add a subtle warmth if desired.

## DIRECTIONS

1. **Making this :** Cheesy Creamed Spinach is straightforward and comes together quickly in one pan.
2. **Melt : Butter & SautØ Garlic:** In a large pot or deep skillet, melt the 2 tablespoons unsalted butter over medium heat. Once melted, add the 2 cloves minced garlic and cook for about 1 minute, stirring constantly, until it's fragrant but not browned.
3. **Wilt : Spinach:** Gradually add the 1 lb fresh spinach to the pot. It will seem like a lot, but it will wilt down quickly. Stir the spinach constantly with tongs or a spoon until it has completely wilted, about 2-4 minutes.
4. **Make : Roux with Flour:** Sprinkle the 2 tablespoons all-purpose flour evenly over the wilted spinach. Stir well to combine, cooking for another minute to cook out the raw flour taste. The flour will coat the spinach and butter, creating a base for your sauce.
5. **Add : Liquids & Thicken:** Slowly pour in the 1 cup whole milk and 1/2 cup heavy cream, stirring constantly with a whisk or spoon to prevent lumps. Continue stirring until the mixture thickens to a smooth, creamy sauce, about 3-5 minutes.
6. **Melt : Cheeses:** Reduce the heat to low. Add the 1 cup shredded mozzarella cheese and 1/2 cup grated Parmesan cheese to the sauce. Stir continuously until both cheeses are fully melted and the sauce becomes smooth and luscious.
7. **Season:** Season generously with salt and pepper to taste, and add a pinch of nutmeg if desired. Taste and adjust seasonings as needed.
8. **Serve:** Remove from heat and serve immediately.

## SWAPS & NOTES

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Garlic: Freshly minced garlic provides the best flavor.

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