

Noodle Nests with Creamed Spinach

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 45

Serves: 6

CChints: This is a unique twist on Creamed Spinach and can easily turn into a casserole by added 4 servings of cooked chopped chicken. If you think about how much fresh spinach has to be cooked to get 10 ounce box you will realize what a bargain frozen spinach can be.



2 tablespoons unsalted butter

1/2 cup red onion or sweet yellow onion, diced

2 tablespoons wheat flour

Dash of salt and pepper

Zest from 1 lemon

3/4 cup of half and half

1/2 cup sour cream

10 ounce package of frozen, chopped spinach, thawed and squeezed dry

1/8 teaspoon ground nutmeg

1/2 pound multi-grained spaghetti or angel hair pasta

1 large egg

1/2 cup freshly grated parmesan cheese, divided

Preheat oven to 350 degree F and locate a shallow 2 quart casserole or 8x8 baking pan. Start your water for the pasta so it can be coming to a boil while you prepare the Creamed Spinach.

Heat sauté pan over medium heat and add the butter. Add the onions and cook for 4 minutes. Remove the pan from the heat and stir in the flour, salt and pepper. Slowly pour in the half and half, stirring as you pour. Stir for about 3 minutes and it will begin to thicken and remove the pan from the heat.

If your pasta water has come to a boil start your spaghetti, cooking as directed on the packaging and set the timer.

Stir the sour cream, spinach, nutmeg and 1/4 cup of the parmesan cheese into the sauté pan and blend well and the cheese melts. If you are using chicken, add it now and stir. Pour this mixture into your casserole dish and set it aside until the pasta is ready.

When the pasta is done, drain it. In a large bowl, combine the egg and the remaining 1/4 cup parmesan cheese and add the pasta. Gently fold the pasta into the cheese mixture to coat the strands of pasta. Put the bowl close to your casserole dish. Use a fork and twirl some of the pasta onto the fork. Gently slide the noodle curl off the fork and onto the top of the creamed spinach. Do this over and over again placing each curl next to the other but not touching.

If your casserole has a cover, put it on now or just cover with foil. Bake for 20 minutes then remove the foil and bake for 10 minutes. During this time, do a little clean up and get the other items ready that you are serving.

When serving this, try to scoop it out so that each person gets a noodle curl or 2. Enjoy!