

## **BOURSIN CREAMED SPINACH**

By Dr. Cindy Tanzar  
(Maintenance/Special Occasions)

Rich, velvety, and full of flavor, this Boursin Creamed Spinach combines tender baby spinach with creamy Boursin cheese, a touch of cream, and warm spices for a decadent side dish that pairs perfectly with any main course. This recipe makes 2 servings, but can easily be doubled or tripled.



### **INGREDIENTS**

- 1 Tbsp Kerry Gold butter.
- 1/4 cup yellow onion, chopped
- 10 oz. fresh baby spinach
- 1/4 tsp Pink Himalayan salt
- 2.5 oz. Boursin Garlic & Fine Herbs (over by fresh cheeses in deli area)
- 2-4 Tbsp organic heavy cream (start with 2, then add more, if needed)
- 1/8 ground black pepper
- 1-2 pinches cayenne (or to taste), optional
- Parmesan cheese, grated (optional)



## **INSTRUCTIONS**

In a large pan, melt butter over medium heat. Sauté onions until soft and translucent, about 3-4 minutes.

Add spinach in large batches and cook until just wilted, about three to four minutes. Season with salt and pepper. If there is a lot of water from the spinach, drain the majority of it.

Add Boursin, heavy cream and cayenne. Heat and stir until Boursin is melted and sauce is creamy, about two minutes.

You can add Parmesan to the sauce, if you want it thicker.

Turn off heat and sprinkle with grated Parmesan.