

Spinach, Leek and Roasted Red Pepper Gratin

Ingredients

- 2 (10-ounce) bags fresh spinach or 3 (10-ounce) boxes frozen chopped spinach
- 1 bunch of leeks, white and light green part only, thinly sliced
- 2 tsp. olive oil
- 2 roasted red bell peppers, seeded, peeled and chopped
- 2-3 cloves of garlic, minced
- 1/4 cup light cream cheese
- 3/4 cup whole milk
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. nutmeg
- 1/4 cup dry panko breadcrumbs
- 2 Tbsp. finely grated fresh Parmesan cheese

Preparation

1. Preheat oven to 375°.
2. Remove large stems from spinach. Chop spinach into 1-inch pieces. If using frozen spinach, defrost and squeeze out excess water.
3. Sauté spinach until wilted, about 2-3 minutes; set aside.
4. Place olive oil in pan over medium heat. Add leeks, red peppers and garlic, sauté for 4-5 minutes or until softened.
5. Add cream cheese and heat to combine. Add spinach, milk, nutmeg, salt and pepper and mix to combine.
6. Place in a 1-quart baking dish coated with cooking spray.
7. Mix bread crumbs and Parmesan cheese and sprinkle over spinach. Bake at 375° for 30 minutes or until golden brown.

Yield: 6 servings



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 128

Calories from fat: 35%

Fat 5g

Saturated Fat 2.3g

Cholesterol 10mg

Sodium 316mg

Carbohydrate 15g

Dietary Fiber 4g

Protein 6g

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