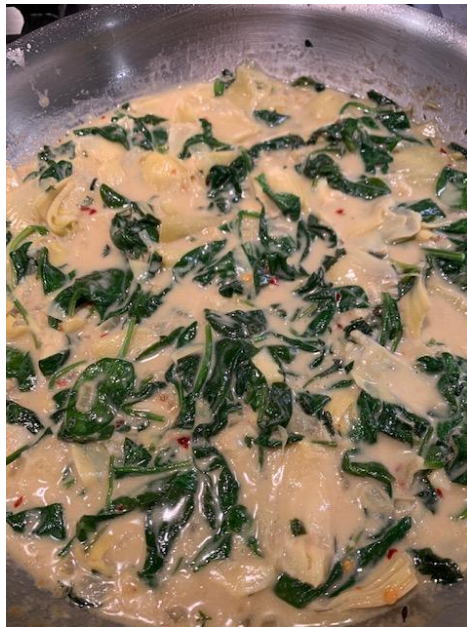


CREAMY SPINACH AND ARTICHOKE SAUCE

By Dr. Cindy Tanzar
(Standard/Maintenance)

If you're looking for a great way to make your everyday meals more special, this recipe will not disappoint. Sauces always elevate your dishes, and create greater food satisfaction. This sauce is delicious served over chicken or salmon, or even over cauliflower rice.

Makes 5 servings. One serving is a 3/4-1 cup and covers your fat and 1/2-3/4 cup of cooked vegetable for one meal.



INGREDIENTS

3 Tbsp Kerry Gold butter
1/2 medium onion, diced
4 cloves garlic, minced
2 Tbsp fresh or 1-2 tsp dried herbs (parsley, thyme, dill, etc.), to taste



1/2 tsp crushed red pepper, optional
1-14 oz can full fat coconut milk, mixed well
1 Tbsp Dijon mustard
3 Tbsp nutritional yeast, optional (gives nice cheesy flavor)
4 oz. fresh baby spinach
1-14 oz can artichoke hearts, drained and roughly chopped
1 Tbsp fresh lemon juice
Pink Himalayan salt & freshly-ground pepper, to taste
Xanthan gum, optional (thickener)

INSTRUCTIONS

In a heavy saucepan over medium heat, melt the butter and add the onion, sautéing 3-4 minutes. Add garlic and herbs, and continue to cook 2-3 minutes.

Add the crushed red pepper, coconut milk, Dijon mustard, nutritional yeast, sea salt and pepper and whisk well. Bring to a low simmer about 4-5 minutes, stirring constantly until thick, smooth and creamy.

Add the spinach and artichokes, cooking until the spinach is wilted, about 2 minutes. Remove from heat. Stir in lemon juice.

If you would like a thicker sauce, sprinkle xanthan gum (more like sifting, not dumping it in). Add 1/2 tsp at a time, until desired thickness. You don't have to continue cooking for it to thicken, as xanthan gum thickens in hot liquid as it sits.

NOTES:

Xanthan Gum is found at many grocery stores now. It is a thickening agent. Carrington, found at Walmart, is \$5.97; Now Brand is \$5.79 on Amazon and Bob's Red Mill varies from \$8-10.50. A little goes a very long way and you will have it for a long time. It is great for thickening soups, stews, sauces, etc., so is perfect to have around. It is also a great binder in gluten-free baking.