



# Florentine Sauce

A deliciously savory cream sauce loaded with fresh spinach

A Florentine Sauce is a savory cream sauce, loaded with fresh spinach, that is typically made with enough heavy cream and butter to give a T1000 a heart attack. This version is based on my Bechamel sauce. That's primarily because it's a great flavorful creamy base... aaaaaand because I'm lazy, so there's that.

## Servings:

Yields: 4 cups  
Servings: 8  
Serving Size: 1/2 cup



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*- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.*

## Ingredients:

- 1 prepared batch of my Bechamel sauce, recipe pg. 62, set aside.
- 3 medium garlic cloves, chopped
- 1 small onion, diced
- 1/4 cup fat free chicken broth
- 1 Tbsp white wine
- 1 Tbsp white wine vinegar
- 1 Tbsp lemon juice
- 4 cups fresh spinach, packed  
(2) 12oz bags of spinach works.
- Butter flavored cooking spray

## Directions:

- 1 Cook the onions and garlic with butter flavored cooking spray for 2-3 minutes on medium heat, until they begin to soften. Add the broth, wine, vinegar and lemon juice. Cook till most of the liquid has evaporated.
- 2 Rough chop the spinach, then add it to the pan. Cover and cook until just starting to wilt.
- 3 Pour in the prepared Bechamel sauce, stir to combine, then cover pan with lid and bring to a simmer. Cook at a low boil for 3-4 minutes.
- 4 Season with salt and pepper to taste

## Notes:

- You can use frozen spinach if it is more convenient for you. Microwave it, then squeeze out all the liquid.
- You can replace the water and chicken bouillon with 1/4 cup of chicken broth and the sauce will stay 1 point per serving.
- Eating excessive amounts of spinach will **NOT** give you arms like Popeye.
- You can also ladle the sauce onto poached or scrambled eggs, atop an english muffin. It's a snazzy breakfast alternative to Eggs Benedict called Eggs Florentine.



Cook onions, garlic and spinach



Simmer with Bechamel



Use with Chicken, Seafood, and more