**Healthy Cream Spinach**

*Cream spinach is a quintessential comfort food for me and this recipe is definitely one that comes with all the pleasure and no guilt. To the contrary, this recipe is so healthy I encourage you to get seconds!*

**Ingredients:**

**1 16 oz. package chopped frozen spinach. (I prefer organic)**

**1 tbsp extra virgin olive oil**

**1 meduim to large yellow onion, diced**

**1/2 cup crumbled feta cheese**

**1/2 cup plain non-fat or low-fat Greek-style yogurt**

**1/4 tsp nutmeg**

**Instructions:**

*Thaw the spinach in the microwave to about room temperature. With clean hands, squeeze out excess water from the spinach and place it aside in a bowl or on a plate. Sauté the onions in the olive oil until soft. Add the spinach and remaining ingredients to the skillet and stir over low heat until the cheese has melted and it develops somewhat of a creamy consistency.*

Serves About 4