

# LAUGHING COW CREAMED SPINACH



- ◆ 1 T butter
- ◆ 1/2 onion chopped
- ◆ 8 Laughing Cow Cheese Wedges (garlic & herb is very good)
- ◆ 10 oz fresh spinach
- ◆ 1 t red wine vinegar
- ◆ Salt and pepper to taste

*Melt butter in large skillet over medium. Sauté chopped onion until clear and soft. Add Laughing Cow wedges, break them up and stir until melted. Add the spinach. Once it starts wilting (about a minute or two), add the red wine vinegar and salt and pepper. Stir and mix until the spinach and the Laughing Cow are fully mixed. Best served with a very rare steak and a glass of red wine!*



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Diet Rule #1: If no one sees you eating it, it doesn't contain any calories!

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