

Indian Creamed Spinach with Cheese (Saag Paneer)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-creamed-spinach-cheese-recipe>

Ingredients:

- 1 teaspoon turmeric
- 1/2 teaspoon cayenne
- 1 1/2 tablespoons avocado oil
- 10 ounces paneer or Farmer's or Mexican queso fresco, cut into 1/2-inch cubes
- 1/2 tablespoon avocado oil
- 1 yellow onion medium, peeled & chopped
- 4 cloves garlic peeled & chopped
- 1 inch ginger root piece of, peeled and chopped fine
- 1 serrano chili small, chopped fine
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon Garam Masala ground
- 16 ounces frozen chopped spinach package of, thawed
- 1/2 cup low fat yogurt or plain nonfat
- 1 ounce cream cheese Greek, or neufchatel, broken into small pieces

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 14 grams
7. SaturatedFat: 12 grams
8. Sodium: 370 milligrams
9. Sugar: 7 grams

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