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**Saag (Indian Creamed Spinach)****Hogwaller***12/28/00 12:50:46 PM***Description:**

Low fat vegetarian recipe. Serves 4.

**Ingredients:**

1 inch cube of ginger, cut into chunks  
6 cloves garlic, peeled  
1/2 tsp garam masala  
1/4 cup water + more water  
20 oz of spinach, fresh or frozen, finely chopped  
(if frozen, thaw and squeeze out excess water)  
3/4 cup - 1 cup mock cream\*\*

\*\*Recipe for mock cream:

1 cup skim milk

1 cup nonfat cottage cheese

Blend in blender until smooth. Use as you would milk or cream. The consistency is thicker than milk so that sauces tend to be a little thicker.

**Directions:**

1. Process ginger, garlic and 1/4 cup water in food processor or blender until a smooth paste.
2. Heat large skillet with a cover over medium low heat. Add ginger-garlic puree. Sprinkle with garam masala. Stir. Cook, covered for about 15 minutes. Check to see if water has cooked off. If it has, add a little bit more. Be careful not to cook it dry. A tightly fitting lid is important here.
4. Add spinach. Cook for 15 minutes, stirring frequently and adding water if it looks too dry.
5. Reduce heat to low. Add mock cream. Stir and cook for 10 minutes.
6. Serve as part of an Indian meal!

**Serving Suggestions:**

If you are not a vegetarian, then chicken tastes great mixed with saag!

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