

# **Creamed Spinach or Green Beans**

**Spinach.** Like any food and any person, one person's likes may be another person's dislikes. For my sister Jackie, spinach was a dislike (that is saying it mildly). When it came to vegetables at my house, you ate what you were given or you could not leave the table. Jackie once sat at the dinner table until bedtime to avoid eating her spinach.

While it wasn't funny for her, we all had a good time trying to find some way for her to eat it. My father even took a photo that day. Eventually my parents gave up and let her leave the table and never made her eat it again. To this day, she will not eat spinach.

For me, my mom's creamed spinach and green beans was the closest thing to heaven. I miss her making them for me.

Cook beans until tender, save water from beans (spinach must be cooked and drained and copped fine). In a pan, put bacon fat and clove of garlic, stir and put 2 Tbsp. of flour or more. Stir in the bean or spinach and toss and fold in sauce.