

Spanakorizo: Traditional Spinach & Rice

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In Greek: σπανακόριζο or σπανακόρυζο, pronounced spah-nah-KOH-ree-zoh

This is the traditional recipe for this delicious dish that is a warming and hearty meal in itself or it can be served as a side dish with a light entree. Try topping with a sprinkle of crumbled feta.

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

2 1/4 pounds of fresh spinach, chopped, washed, drained

1 spring onion, chopped

1/3 cups of olive oil

1 1/3 cup of water

1 1/3 cups of long-grain rice

5 1/4 cups of water

sea salt

freshly ground pepper

juice of 1 lemon (about 2 tablespoons)

In a stock pot, sauté the chopped spring onion in the oil over medium heat for 8-10 minutes. Add spinach and 1 1/3 cups of water and cook until the spinach wilts, about 5-7 minutes. Add rice and 5 1/4 cups of water, bring to a boil, and cook for 15 minutes, stirring occasionally. Stir in lemon juice and salt, cook for another 5 minutes and remove from heat. Stir, cover, and let sit for 20 minutes until the dish "melds."

Serve with wedges of lemon and freshly ground pepper.