

# Greek Spinach and Rice

Author: Adapted from Woman's Day Encyclopedia of Cooking



Servings: 4

*Easy side with rice and baby spinach.*

*If you want to make this a bit more tasty, add about a tablespoon of fresh squeezed lemon juice to the water.*

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Saute onion in olive oil, stirring occasionally, for 10 minutes. Add rice, boiling water and salt, stir, cover and simmer for about 20 minutes.
2. Add baby spinach (or use regular spinach that's been chopped into small bite-sized pieces) and stir in. Cover and continue simmering for another 5 minutes, or until the rice is tender.

*1 cup white rice*

*1 medium onion, diced*

*2 tablespoons olive oil*

*2 cups chicken broth, or water*

*1 1/2 teaspoons salt*

*1 pound fresh spinach, baby spinach please*

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Per Serving (excluding unknown items): 283

Calories; 8g Fat (25.7% calories from fat); 9g

Protein; 44g Carbohydrate; 4g Dietary Fiber;

0mg Cholesterol; 1274mg Sodium. Exchanges: 2

1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1

1/2 Fat.