

Spanakorizo

Serves 4

1.5 Tbsp. olive oil

1 small onion, diced

2/3 cup long grain white rice

1-1/3 cup water

Juice of 1 large lemon

2 bunches or about 1.5-2 lbs. fresh spinach, chopped (and remove any stems that don't seem very tender)

1/3 cup fresh dill, chopped (or about 1 T dried)

salt and pepper

In a large saucepan, heat the olive oil. Once heated, add the onions and saute until tender. Add the rice and stir to coat it in the olive oil, "toasting" it for a minute or two. Add the water and lemon juice and bring to a boil.

Add the spinach, dill and some salt and pepper to taste. Bring the mixture down to a simmer. Cover tightly and simmer about 15 minutes or until rice is cooked.

Nutritional Information Per Serving: Calories: 205 / Fat: 6g / Carbs: 33g / Fiber: 4.5g / Protein: 7.3g