



Sabzi (Afghan Spinach w/Dill and Cilantro)

2 servings

INGREDIENTS

- 1 pound fresh Spinach or 10 ounces frozen
- 4 Scallions, chopped
- 1 t. Olive oil
- 2 t. Lemon juice
- 2T. Cilantro, chopped
- 2 T Dill, chopped
- 3/4 t. Coriander, ground
- Pinch of Cayenne, ground
- Salt and Pepper to taste

DIRECTIONS

1. Wash spinach. Remove any long or tough stems. Rough chop. If using frozen spinach, thaw & skip steps 2 and 3.
2. Place spinach into medium pot with 1/2 cup water.
3. Over medium heat, cook, stirring occasionally until the spinach is cooked through and soft, about 6 minutes. Remove from heat.
4. Transfer to a colander to drain and cool slightly. Using your hands, press the liquid from the spinach. Will be wet but not dripping. Set aside.
5. Using a medium pot or sauté pan, heat the olive oil on medium-high and sauté the chopped scallions until tender, about 5 minutes. Add the coriander and cayenne to the scallions, stir. Let heat for a minute to develop flavors. Reduce heat to low, add drained spinach, cilantro, dill and lemon juice. Let heat through, stirring occasionally. Salt and Pepper to taste.
6. Optional– serve with Plain Greek Yogurt and Naan or Pita Bread



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