

Yiayia's Spanakorizo (Spinach and Rice)

In Memory of Mary Tsmelis Ganacoplos



Submitted by Kathryn Ganacoplos-Lewis

Ingredients:

- 1 lb Fresh Spinach
- ½ chopped Green Onions
- ¼ cup Olive or Vegetable Oil
- 1 cup Long Grain Rice
- ¼ cup Tomato Sauce
- ¼ tsp Pepper
- ½ tsp Salt
- 2 cups Vegetable Broth

Directions:

Sauté Green Onions and rice in oil until golden brown. Rinse spinach and tear into bit size pieces. Add spinach, tomato sauce, vegetable broth, salt and pepper. Bring to a boil, cover and simmer until rice is tender. Serves 4.

“The value of fasting consists not in abstinence only from food, but in a relinquishment of sinful practices, since he who limits his fasting only to abstinence from meat is he who especially disparages it. The change in our way of life during these blessed days will help us to gain holiness. Therefore we should let our souls rejoice during the fast.”

St John Chrysostom