

...Everything...
HERBAL
By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic GREEK SPANAKORIZO SPINACH & RICE

A traditional Greek comfort dish made with tender spinach, rice, lemon and aromatic herbs.
Simple • Wholesome • Delicious

AUTHENTIC
GREEK
FLAVOR

INGREDIENTS

- 1 ½ tbsp extra virgin olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 10 oz (about 10 cups) fresh spinach, chopped (or 1 lb frozen, thawed and drained)
- 1 cup long grain white rice (or Greek medium grain rice)
- 2 ½ cups vegetable broth (or chicken broth)
- Juice of 1 lemon (about 3 tbsp)
- 1 tsp dried dill (or 2 tbsp fresh, chopped)
- 1 tsp dried oregano
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper
- Lemon zest (optional, for extra flavor)

GOODNESS IN EVERY BITE

- Rich in vitamins A, C & K
- High in fiber
- Plant-based & heart healthy
- Light, nourishing and satisfying



PERFECTLY SERVED WITH:

- Greek Salad
- Grilled Fish or Chicken
- Warm Pita Bread
- Tzatziki Sauce



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NATURAL
INGREDIENTS



FAITH
INSPIRED



HERBAL
LIVING



MADE WITH
LOVE



DIRECTIONS

- HEAT OIL:** In a large skillet or pot, heat olive oil over medium heat.
- SAUTÉ ONION:** Add onion and cook for 4–5 minutes until soft and translucent.
- ADD GARLIC:** Stir in garlic and cook for 1 minute.
- COOK SPINACH:** Add chopped spinach (in batches if needed) and sauté until wilted, about 3–4 minutes.
- ADD RICE & HERBS:** Stir in rice, oregano, dill, salt and pepper. Cook for 1–2 minutes, allowing the rice to absorb the flavors.
- SIMMER:** Add vegetable broth, bring to a boil, then reduce heat to low. Cover and simmer for 18–20 minutes, until the rice is tender and liquid is absorbed.
- FINISH:** Remove from heat, stir in fresh lemon juice and lemon zest (if using). Let it sit for 5 minutes, then fluff with a fork.
- SERVE:** Enjoy warm or at room temperature.

CHEF CHERYL'S TIPS

- Use fresh spinach when possible for the best flavor and texture.
- Add extra lemon juice just before serving for a bright, fresh taste.
- Makes a delicious main dish or a healthy side!

Proverbs 15:17
(KJV)

"Better is a dinner of
herbs where love is,
than a stalled ox and
hatred therewith."



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www.everythingherbalbycheryljabz.com

