

PERSIAN SPINACH AND YOGURT SALAD

6 oz. Fresh spinach, washed and drained

1 Tbs. Olive Oil

1 Tbs. Onion, grated

½ Tsp. Salt, or to taste

3 C. Unflavored yogurt

Shake Black Pepper

Optional: Add broken walnuts for additional flavor.

Sauté Spinach in oil until it begins to wilt. Baby spinach is perfect, if available, otherwise, you might want to chop it some before you begin to cook.

Remove the spinach from the heat so it will cool while you make to yogurt mixture.

Grate the onion into a dish that is large enough for all your ingredients. Salt the onion to soften the flavor.

Add the yogurt and mix well with the onion; whole milk organic yogurt takes the flavor to another level!

Check for salt. It needs to be a bit salty since the spinach will need some. You may also add a sprinkle of black pepper.

When the consistency of the yogurt is even, add the cooled spinach and transfer to a serving dish.

Chill for at least 1 hour.

Serves 4-6