Spinach Cultural Highlights

Spinach Dishes Around the World





Greece:

Spanakopita, a Greek spinach pie.

Argentina:

Torta pasqualina can be made with either swiss chard or spinach, and empanadas can be made with Spinach (spinach empanadas will often have some cheese and onion)





France:

Spinach Au Gratin (Au Gratin means with cheese). This is a creamy baked dish.



Espinacas a la Catalana is a simple steamed spinach dish with olive oil, garlic, pine nuts, and raisins from Catalonia, an independent republic historically part of Spain.





India:

Palak paneer, a spinach dish with paneer (an Indian white cheese)



Ethiopia:

Gomen wat is a spinach stew.



Afghanistan:

Afghan Sabzi is a sauteed spinach dish with spices served with yogurt and naan.

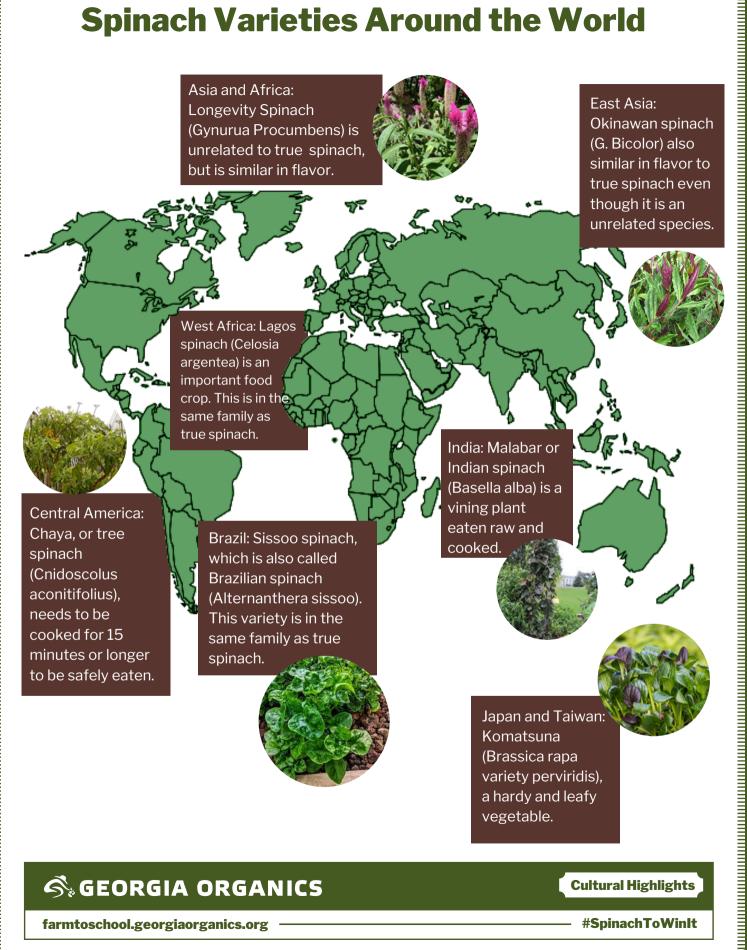


Cultural Highlights

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Spinach Varieties Around the World



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