Cooking with Spinach



Spinach is considered a superfood because of its extremely high nutritional value and the fact that it’s rich in antioxidants - especially when fresh, steamed, or quickly boiled. It’s a rich source of vitamin A , lutein, vitamin C, vitamin E, vitamin K, magnesium, manganese, folate, betaine, iron, vitamin B2, calcium, potassium, vitamin B6, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. Spinach is also good source of folic acid, a vital element for cell function. Although, microwaving does not affect folate content, boiling spinach can more than halve the level of folate left in the spinach, so it is not the most preferred preparation method. Spinach, along with other green leafy vegetables, is also considered to be one of the richest sources of iron in the vegetable world.

# Vegan Norwegian Spinach Soup

[Adapted from a recipe by Nika Standen Hazelton , that appeared in Epicurious February 1964 issue.]

2 pounds fresh spinach, chopped, or 2 packages chopped frozen spinach

1 1/2 quarts hot vegetable bouillon

2 tablespoons flour

3 tablespoons margarine

1 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon garlic

1 pound extra-firm style tofu

1. Cook spinach in hot bouillon for 10 minutes. Drain, and keep the liquid to use as stock.

2. Melt butter and stir in flour. When blended and smooth, add the reserved hot liquid, a little at a time, stirring until smooth.

3. Cover and simmer 5 minutes until the broth thickens up a bit.

4. Add spinach, salt, pepper and garlic, and mix thoroughly.

5. Simmer covered for 5 minutes again.

6. Serve with firm tofu floating on top of each bowl of soup.

**Yields 4-6 servings.**