

# KookKoo - Spinach Souffle (Iranian)

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## **Servings: 6**

*1 package spinach  
1 small bunch dill  
1 small bunch scallions  
1 small bunch mint  
1 small bunch parsley  
3 teaspoons turmeric  
2 teaspoons cinnamon  
1 onion, finely chopped  
5 or 6 eggs, beaten  
salt (to taste)  
olive oil*

Wash and chop the spinach, dill, scallions, mint and parsley.

Place the herbs in a bowl. Add the turmeric, cinnamon, salt and onion.

Add the eggs and stir thoroughly.

In a skillet, heat the oil. Add the mixture and spread around the pan.

After 5 or 6 minutes, cut like a pie and flip over each piece individually. Add more olive oil, if necessary.

Cook 7 or 8 minutes more.

Serve with pita pocket bread or rice.

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Per Serving (excluding unknown items): 82 Calories; 4g Fat (48.0% calories from fat); 6g Protein; 5g Carbohydrate; 2g Dietary Fiber; 177mg Cholesterol; 71mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.