
Persian Yogurt & Spinach Dip, 'Borani Esfanaaj'

Adapted slightly from a recipe at Food52



12 ounces baby spinach
1 clove garlic, minced and divided into two separate batches.
2 tablespoons olive oil
10 ounces Greek yogurt, full-fat
salt and pepper to taste
1 tablespoon fresh lemon juice
1 tablespoon olive oil

GARNISH:

1 tablespoon dried mint, do NOT use fresh mint
1 handful walnuts, crushed
EVOO to drizzle on top
Flatbread, crackers, or Middle Eastern soft flatbread, like sangak, to serve

Per Serving (excluding unknown items): 255 Calories; 22g Fat (75.4% calories from fat); 9g Protein; 8g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 68mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 6

Notes: do use regular inexpensive olive oil for the cooking and to add into the dip; for the garnish, use EVOO, your best stuff, to drizzle on top. The spinach quantity seems like a lot - it's not, as it wilts down to next to nothing! This dip must have dried mint - it imparts a woody kind of flavor to this, which makes it very authentic.

1. Chop the baby spinach finely.

2. Heat a very large saute pan, add a drizzle of olive oil, then add the small amount of garlic. Do not brown it. Add the chopped spinach and over low-medium heat toss until the spinach is completely wilted. Add a bit of salt. Drain well, then using your hands, squeeze out all the liquid.

3. In a bowl, add yogurt, the remaining minced garlic, a bit more olive oil, the squeeze-dried spinach and lemon juice; stir gently. Add salt and pepper to taste.

6. Transfer to the bowl you are serving it in (shallow, round bowl) and sprinkle with dried mint, crushed walnuts and a lazy trail of olive oil. Cover and refrigerate for a few hours for the flavors to blend.

7. Serve with sangak bread, flatbread, pita chips or flat crackers.