

Spinach Pie

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How to make your own delicious spinach pie:

Ingredients:

1 TB vegetable oil
1 chopped onion
10 oz spinach, chopped
5 eggs, beaten
3 cups shredded Muenster cheese (or Swiss)
salt and pepper to taste

1. Sautee spinach and onion in oil
2. Combine all ingredients in greased 9" pie pan
3. Bake 30 min

Origins and history of spinach:

Spinach is native to central and southwestern Asia. It is thought to have originated in ancient Persia, and was carried by Arab traders to India and China around 647 AD; the earliest record of spinach is Chinese. Sicily hosted spinach's debut to Europe in 827 AD, and it first appeared in England and France in the 14th century. Recently in the United States, spinach caused concern with a 2006 E. coli outbreak and a 2007 salmonella outbreak. Spinach has played an important role in popular culture as the source of physical strength for Popeye the Sailor Man.

Description of plant parts:

The leaves of spinach plants are used in this recipe. Spinach, *Spinacia oleracea*, is in the family Amaranthaceae, which also contains beets and quinoa. Spinach is an annual dicot with alternate, simple leaves. The leaves' ground tissue is composed primarily of photosynthetic parenchyma cells. Vascular tissue is in the branching veins characteristic of dicots.

Nutritional highlights of spinach:

Spinach has high nutritional value and is very rich in antioxidants. It is a good source of vitamin A, C, E, K, magnesium, calcium, potassium protein, zinc, folic acid and iron, among others. The BBC reported that the Popeye's affinity for spinach is partially attributed to the high iron content being mistakenly reported 10 times the actual value.