

## STUFFED GRAPE LEAVES WITH RICE (makes 40)



### Ingredients

50 grapeleaves  
1 cup olive oil  
Lemon juice  
250 gr rice  
1 onion (finely chopped)  
5 spring onions  
Dill, parsley, mint (all finely chopped)  
Salt and pepper

### Preparation

1. Mix all ingredients (except olive oil) in a large bowl.
2. Place a vine leaf, vein-side up, on the work surface.
3. Place 1 tablespoon of the mixture in the centre of the vine leaf.
4. Fold in the sides and roll up firmly to enclose the filling.
5. Repeat with the remaining vine leaves and rice mixture.
6. Put about five grape leaves in the bottom of the saucepan and pack the stuffed grape leaves in it.
7. Place them firmly one beside the other and cover them with a plate (face down) so they don't break during cooking.
8. Pour over them the olive oil and lemon juice and cover them with water.

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Cook in low heat for about 40 minutes.

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## Notes

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Greek food is a good example of healthy eating as it uses a lot of vegetables and olive oil. If you are a vegetarian you will have no problem when traveling in Greece. All restaurants have a selection of vegetarian dishes in their menus as they are part of the Greek cuisine. Vegetarian dishes include colorful salads with various vegetables, different kinds of pies, and vegetables cooked in many ways. Stuffed grape leaves are another example of vegetarian dish and they are best served with yogurt.

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