

Spanakopita

A traditional Greek entrée, spanakopita is a delicious, savory pie filled with spinach and onions mixed with feta cheese and eggs. The filling is enveloped between layers of light, flaky phyllo dough.

Ingredients


 **Servings** 4 **Serving Size** 1 1/2 cups

Cooking spray

1 teaspoon canola or corn oil and 1 tablespoon and 2 teaspoons canola or corn oil, divided use

1 medium onion (chopped)


 1 medium garlic clove (minced)


OR
 1/2 teaspoon bottled, minced garlic

1/2 cup fat-free ricotta cheese

2 large eggs

1/4 cup crumbled, fat-free feta


 2 tablespoons fresh dillweed

OR
 1 teaspoon dillweed


1/8 teaspoon black pepper

5 9 x 14-inch sheets frozen phyllo, thawed in refrigerator

 2 pounds fresh baby spinach

OR
 3 10-ounce packages frozen spinach, thawed and squeezed dry

Directions

 **Tip:** Click on step to mark as complete.

Preheat the oven to 350°F. Lightly spray an 8- or 9-inch square baking dish with cooking spray.

In a large nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until almost soft, stirring frequently. Cook the garlic for 1 minute. Reduce the heat to low. Cook half the spinach for 1 minute, tossing with tongs. Cook the remaining spinach until all the spinach is wilted, tossing constantly. Remove from the heat. Drain well in a colander, using the back of a fork to press out any excess liquid.

In a medium bowl, stir together the ricotta, eggs, feta, dillweed, and pepper. Stir in the spinach until well combined. Transfer the spinach mixture to the baking dish.

Place the 5 sheets of phyllo dough on a cutting board. Working quickly, use a sharp knife to cut the sheets in half. Keep the unused phyllo covered with a damp cloth or damp paper towels to prevent drying. Place 1 sheet over the spinach mixture. Using a pastry brush, lightly brush with 1 teaspoon oil. Layer with a second sheet. Brush with 1 teaspoon oil. Repeat with the remaining sheets and oil.

Bake for 30 minutes. Increase the oven temperature to 375°F. Bake for 10 minutes, or until the top is golden and crisp. Serve warm.

Cooking Tip: For quicker assembly, cook the spinach a day ahead. Refrigerate it, covered, until you need it.



Calories

234 Per Serving



Protein

17g Per Serving



Fiber

6g Per Serving

Nutrition Facts

Calories	234
Total Fat	10.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	5.5 g
Cholesterol	88 mg
Sodium	481 mg
Total Carbohydrate	23 g
Dietary Fiber	6 g
Sugars	5 g
Added Sugars	0 g
Protein	17 g

Dietary Exchanges
1/2 starch, 2 vegetable, 2 lean meat, 1/2 fat