



Spanakopita Pie

A savory Greek pastry

Ingredients for the Filling:

16 oz. frozen chopped spinach, thawed and well-drained
2 bunches flat-leaf parsley, stems trimmed, finely chopped
1 large yellow onion, finely chopped
2 garlic cloves, minced 2 tbsp. olive oil
4 eggs
10.5 oz. quality feta cheese, crumbled
2 tsp dill weed
Freshly-ground black pepper

For the Crust:

1 8 oz. package phyllo dough, properly thawed
1/2 cup extra virgin olive oil, more if needed

Directions:

1. Preheat the oven to 325 degrees F.
2. Before you begin mixing the filling, be sure the spinach is very well drained, and squeeze out any excess liquid by hand.
3. To make the filling: In a mixing bowl, add the spinach and the remaining filling ingredients. Stir until all is well-combined.
4. Unroll the phyllo (filo) sheets and place them between two very lightly damp kitchen cloths.
5. Prepare a 9.5" x 13" baking dish. Brush the bottom and sides of the dish with olive oil.
6. To assemble the spanakopita: Line the baking dish with two sheets of phyllo letting them cover the sides of the dish. Brush with olive oil. Add two more sheets in the same manner, and brush them with olive oil. Repeat until half of the phyllo is used up.
7. Now, evenly spread the spinach and feta filling over the phyllo crust. Top with two more sheets, and brush with olive oil. Continue to layer the phyllo sheets, two-at-a-time, brushing with olive oil, until you have used up all the sheets. Brush the very top layer with olive oil, and sprinkle with just a few drops of water.

8. Fold the flaps or excess from the sides, you can crumble them a little. Brush the folded sides well with olive oil.
9. Bake in the 325 degrees F heated-oven for 1 hour, or until the phyllo (fillo) crust is crisp and golden brown. Remove from the oven. Cut into squares and serve! Enjoy!

Yields 12 pieces

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/10 of recipe (162g)		Total Fat 23g	35%	Total Carb. 18g	6%
Servings 10		Sat. Fat 7g	35%	Fiber 3g	10%
Calories 320		Trans fats 0g		Sugars 2g	
Fat Cal. 210		Cholest. 100mg	35%	Protein 11g	
		Sodium 450mg	20%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 110%	Vitamin C 40%	Calcium 25%	Iron 20%