



Spanakopita (Spinach and Cheese Pie)

Medicinal Benefits of this recipe...

This recipe can provide is a good source of protein and may be beneficial for patients with loss of appetite. A small slice provides almost 200 calories. This recipe is also high in calcium.....good support for bones!

Ingredients

For filling:

2 packages frozen, chopped spinach
1 medium onion, small dice
2 bunches (10 scallions), including green stems,
finely chopped
1 ½ cups feta cheese, crumbled
4 eggs, beaten lightly
6 tablespoons olive oil
a dash of pepper

For assembly:

16 sheets phyllo dough
olive oil to brush on phyllo

1. Preheat oven to 350 degree.
2. Bring a pot of well-salted water to a boil. Cook spinach in it for two to three minutes. Then drain very well in a colander for at least 20 minutes, pressing down to remove excess liquid.
3. In a skillet, heat 3 tablespoons olive oil and sauté onions until lightly browned. Put in a large bowl and let cool for a few minutes.
4. Add all the other ingredients for the filling—spinach, scallions, cheese, eggs, remaining olive oil, salt and pepper—to the bowl with the onions. Mix very well with your hands or large wooden spoon.
5. Lightly oil a 9' x 9' baking tray with sides.
6. Place one sheet of phyllo down and brush lightly with olive oil. Put another sheet on top, brush with olive oil and repeat this process until you have eight sheets stacked.
7. Spread all of your filling evenly on phyllo, and then stack another eight sheets of phyllo (brushing each individual layer with olive oil).
8. Before baking, carefully cut into squares with a sharp knife (if you wait until it's baked, the phyllo will flake too much).
9. Bake for 40-50 minutes or until the top is golden brown.

Basic Nutrition Profile for One Serving (1 slice):

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|--------------|----------|---------------------|----------|
| Kcal | 186 kcal | Fat | 12 grams |
| Protein | 6 grams | Saturated Fat | 4 grams |
| Carbohydrate | 14 grams | Monounsaturated Fat | 7 grams |
| Fiber | 1 grams | Polyunsaturated Fat | 1 grams |

This recipe is a great source of.....

Calcium 123 mg

