

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



## **Spanikopita Triangles**

**Makes 30 appetizers**

### **Ingredients:**

**2 teaspoons olive oil**  
**½ cup minced onion**  
**1 clove garlic, minced**  
**1 (10-ounce) package frozen, chopped spinach - thawed**  
**¼ teaspoon EACH salt and pepper**  
**½ teaspoon dried dill**  
**1 (6-ounce) carton feta cheese**  
**1 beaten egg**  
**¼ cup olive oil or melted butter (more if necessary)**  
**10 sheets phyllo dough .**

### **Directions:**

1. Pre-heat oven to 400 degrees.
2. Heat 2 teaspoons oil in a small saute pan. Add onion and garlic and saute 2-3 minutes, until onion is soft. Place in a medium bowl. Cool slightly.
3. Place spinach in a colander and squeeze out water. Add spinach, salt, pepper, dill, feta cheese, egg, to the cooked onion mixture. Mix to combine.
4. Place one sheet of phyllo dough on a clean work surface, the long side facing you, and cover the remaining dough with a lightly damp paper towel. Brush the surface of the dough with oil or melted oil, then place another sheet on top of the first sheet and brush that sheet with oil.
5. Using a pizza cutter, cut the dough into 5 equal pieces (about 2 ½ inches wide). Place 1 scant tablespoon of the spinach-feta filling at the bottom of each portion.
6. Fold the corner of the dough over the filling, forming a triangle, then continue folding triangles (like you would fold a flag)
7. Place the triangles, seam side down, on a parchment-lined baking sheet. Repeat with remaining strips and then the remaining phyllo dough and feta filling. Brush the triangles with butter and bake for 15-20 minutes or until golden brown. Cool for about 10 minutes before serving.

**Recipe Note:** If using fresh spinach, chop 10 ounces spinach leaves, then add to the cooked onion and garlic mixture. Saute 3-5 minutes until all the liquid has evaporated. Continue with recipe.

### **Nutritional Information per appetizer:**

Calories: 61	Carbohydrates: 10g
Total Fat: 3g	Cholesterol: 32mg
Saturated Fat: 1g	Dietary Fiber: 1g
Sodium: 90mg	Protein: 2g