

“Spanakopita” Spinach or Kale Triangles

Adapted from The Sylvia Center

Makes 12 pieces

Ingredients:

1/4 cup cup olive oil, divided
4 green onions, finely chopped
2-4 cups packed fresh spinach or kale,
chiffonade
1/4 pound feta or goat cheese, crumbled
salt and pepper to taste
1 package phyllo dough, thawed

Tools Needed

Pastry Brush
Knife
Measuring Cups
and Spoons
Mixing Bowl and
Spoon
Baking Sheet
Parchment Paper
Sauté Pan

Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper
2. Heat a sauté pan. Add 2 TBSP oil. Once oil is hot, add onions and cook until translucent
3. Add spinach or kale and cook for a couple of minutes until greens are wilted. Remove from heat and allow to cool in a bowl
4. Once the green mixture is cool, stir in cheese, salt and pepper
5. Take a sheet of phyllo dough and fold in half lengthwise. Brush with oil. Add a spoonful of filling to the bottom corner of the sheet. Fold one corner of phyllo over the filling to make the shape of a triangle. Repeat this by continuing to lift and fold the dough with filling from one side to the other like folding a flag. You should stop once you run out of dough and the shape should still be a triangle. Brush with olive oil and place on the lined baking sheet. Repeat this with the remaining pieces of phyllo dough until you run out of filling
6. Bake the spanakopita triangles until golden and crisp for about 15 minutes