



# Greek Spinach Pies (Spanakopita)

by Pierce Abernathy

## Ingredients

for 8 triangles

2 tablespoons olive oil

1 cup green onion, chopped (100 g)

15 oz fresh spinach (420 g)

4 cloves garlic, chopped

1 cup feta cheese (225 g)

½ cup ricotta cheese (110 g)

¼ cup fresh dill, chopped (10 g)

¼ cup fresh parsley, chopped (5 g)

1 teaspoon salt

1 teaspoon pepper

8 sheets phyllo dough

## Nutrition Info

Shop ingredients with  
**Walmart**  **Grocery Pickup**

Calories **182**

Fat **14g**

Carbs **5g**

Fiber **1g**

Sugar **2g**

Protein **9g**

Estimated values based on one serving size.

## Preparation

**1** Preheat oven to 350°F (180°C).

- 2** In a large pan over medium heat, cook the green onions and garlic in the olive oil until soft.
- 3** Add half the spinach, giving time for some to cook down before adding the rest.
- 4** Once the spinach has cooked down, transfer to a medium mixing bowl to cool slightly.
- 5** Add the feta, ricotta, egg, dill, parsley, salt and pepper, and mix until evenly spread.
- 6** Set in refrigerator.
- 7** Lay out one sheet of phyllo dough on a dry surface. Using a pastry brush, coat evenly with olive oil.
- 8** Add another sheet of phyllo dough on top of the oiled sheet and repeat the oiling process. Continue until there is a stack of 4 oiled sheets. Repeat process on a new stack with remaining 4 sheets.
- 9** Cut your dough into 4 sections using a pizza cutter.
- 10** With a single section, add a spoonful of your spinach mix and begin folding over your pastry, brushing each fold with oil. Repeat this process for the remaining sections.
- 11** Bake in a preheated oven for 25-30 minutes or until golden brown.
- 12** Enjoy!