

Spanikopita Pie

Heart Health

Items Needed: cutting board, knife, measuring cups, mixing bowl, spoon, pie pan or 8x8 baking dish, pastry brush.

Serves: 8

Ingredients:

- 4-5 cups of cooked greens (spinach is traditional, you can add kale, collard greens or swiss chard as well.)
- 1 small onion
- 4 cloves of garlic
- ½ cup of olive oil
- 1 pack of phyllo dough
- ½ tsp of dried oregano
- ½ tsp of dried dill
- 1 bunch of fresh parsley
- ¾ cup of feta
- ½ cup of tofu
- 2 eggs
- Salt and pepper to taste

Directions:

1. Pull one package of phyllo dough from the freezer and allow to thaw for about an hour.
2. Preheat the oven to 375 degrees.
3. Thaw frozen spinach or cook the combination of greens that you decided to use.
4. Chop greens, parsley, onions and garlic.
5. Combine everything in a mixing bowl, crumble the tofu in similar to the feta, season with salt and pepper.
6. Spray the bottom of the pan with a little pan spray to keep the phyllo from sticking. Unroll the phyllo dough sheets and lay out around the pie plate leaving a little overhang to fold over the top pieces. When there is approximately 2/3 of the phyllo used for the base, save the rest for the top. (phyllo is fragile, if it breaks, don't worry about it, just add it to the existing phyllo and brush lightly with olive oil.)



7. Fill the dish with the spinach mixture and lightly press down. Top with your phyllo and between layers brush lightly with olive oil. Once you've placed the rest of the phyllo dough on the pie, slightly overlapping the edges, brush oil around the exterior pieces and fold in over the pie.
8. Place in oven and bake for 25-35 minutes or until the inside temperature 165 degrees and the phyllo dough is golden and crispy.
9. Let rest for 10 minutes, slice into pie wedges or squares depending on your dish and enjoy.

Nutrition Information (per 1/8 recipe):

Calories: 373 Fat: 17.3 g Carbs: 35.8 g Protein: 15.8 g Fiber: 4.5 g Sodium: 400 mg

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