



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Spinach**

### **Spinach Spanakopita**

#### **Ingredients:**

16 oz bag baby spinach  
1 ½ cups feta cheese  
1 pkg phyllo sheets, thawed  
½ cup butter, melted  
⅓ cup grated parmesan cheese  
2 shallots, minced  
2 eggs  
2 Tbs oregano  
2 Tbs vegetable oil  
1 Tbs lemon juice  
½ tsp nutmeg, freshly grated  
¼ tsp white pepper  
salt to taste(optional)

#### **Directions:**

Heat the 2 tablespoons vegetable oil over medium heat. Sauté the minced shallot for about 30 seconds or until tender. Add in the baby spinach. Cook until the spinach has wilted. Sprinkle with lemon juice and set aside to cool completely. Squeeze out any excess liquid using a colander or your hands.

In a food processor, blend the eggs, cheeses, oregano, spinach, white pepper, and nutmeg together. Set aside. With this amount of cheese, salt shouldn't be necessary but here is where you'll want to taste and add salt if needed to your taste.

To work with the phyllo dough, you'll need a brush, pizza cutter, and slightly damp kitchen towel. You can use a knife if you don't have a pizza cutter handy but be extra careful. The phyllo sheets tear easily. You will work with two sheets at a time. The

remaining sheets you'll want to keep covered with the damp towel because the sheets will begin to dry. Brush one sheet generously with the melted butter. Lay the second sheet directly over the first and brush generously with butter. Cut into three long even strips.

Preheat your oven to 350F. Line a large baking sheet with parchment paper. Set aside.

Place a spoonful of spinach filling at one corner of a strip then fold over to make a triangle. Continue folding upwards into triangles until you reach the end of the strip. Brush with more butter to seal.

Evenly arrange the spanakopita seam side down on the baking sheet and bake for 25-30 minutes until golden brown. Allow to cool on the sheet for a few minutes before serving.

\*If folding into triangles is too difficult, try rolling into flute shapes instead. Cut the sheets in half instead of thirds. Line the spinach mixture along the bottom of the buttered sheet. Then roll the sheet upwards into a cigar or flute shape until you've reached the end. Seal with butter and bake as usual.