



DALLAS ARBORETUM  
**A Tasteful Place**

## Spinach Spanakopita

### Ingredients

- 16 oz bag baby spinach
- 1 ½ cups feta cheese
- 1 pkg phyllo sheets, thawed
- ½ cup butter, melted
- 1/3 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

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

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.



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### Spanish Style Spinach and Garbanzo Beans

#### Ingredients

- 1 small bag baby spinach
- 2 cups cooked garbanzo beans
- 1 cup tomato sauce
- ¼ cup sliced almonds
- 6 cloves garlic
- 2 slices white bread, crust removed
- 2 Tbs Sherry
- ¼ cup vegetable oil, separated
- 1 tsp Pimenton dulce or smoked paprika
- salt to taste & dash of ground cayenne
- olive oil

#### Directions

In a sauce pot, heat 2 tablespoons vegetable oil over medium high heat. Tear the bread into small pieces. Carefully swirl the oil to coat the pan. Add in the almonds and torn bread pieces. Sautee for one minute. Lower heat to medium. Add garlic and spices. Stir and continue to cook until aromatic, about another minute. Add the tomato sauce and half teaspoon of salt. Cook for 5 minutes. If the sauce begins to dry out, add a little water. Take a submersion blender and blend the sauce until smooth. Set aside.

In a frying pan, heat the remaining 2 tablespoons vegetable oil over medium heat. Sautee the spinach until it just begins to wilt. Add the tomato sauce mixture then the garbanzo beans. Heat through. Add salt if needed. Drizzle with olive oil.



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## Italian Wedding Soup

### Ingredients

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- 8oz ground beef
- 2 cups fresh spinach, roughly chopped
- 8 cups chicken broth
- 8oz ground pork
- $\frac{1}{2}$  lb acini di pepe pasta
- 4oz grated parmesan cheese
- 2 garlic cloves
- 1 egg
- $\frac{1}{4}$  cup bread crumbs
- $\frac{1}{4}$  cup onion, minced
- $\frac{1}{4}$  cup Italian parsley, chopped
- Salt to taste

### Directions

In a bowl, combine a half teaspoon of salt, onion, parsley, egg, parmesan, and garlic. Add the ground pork and beef. Mix until well combined then form into mini meatballs. Set aside.

Bring the chicken broth to a slow boil. Carefully place the meatballs in the boiling broth. Cook the meatballs for about 5 minutes. Pour in the Acini di Pepe. Cook for about 10-15 minutes until pasta and meat is cooked through. Turn off the heat. Stir in the spinach. Season with more salt if needed.