

Spanakopita

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Ingredients	Quantity	Measure
Phyllo dough, thawed	1	box
Spinach, fresh *Frozen spinach can be used but it must be thawed and you must squeeze as much of the water out as possible	1	pound
Onion, small dice	1	cup
Garlic, minced	1/8	cup
Non-dairy mozzarella cheese, shredded	1/2	cup
Non-dairy margarine, divided, melted	10	ounces
Salt	1	teaspoon
Black pepper	1	teaspoon

Preparation

1. Melt 2 ounces of margarine in pan over low heat. Add onions and garlic and cook until translucent. Add spinach and remove from heat after 2-3 minutes to allow mixture to cool.
2. Stir in cheese, salt and pepper.
3. Lay one piece of phyllo, brush with melted margarine. Repeat with two more sheets of phyllo.
4. Cut phyllo in to eight strips.
5. Place one tablespoon of spinach mixture on each strip and roll up into a triangle.
6. Bake in 350-degree oven for 30-40 minutes until golden brown.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 136 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 3.3g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber: 1g Total Sugar: 0.4g Protein: 2g Sodium: 294mg Vitamin A: 89µg Vitamin C: 6mg Calcium: 25mg Iron: 1mg Folate: 54µg

