

Greek Spinach Pie (Spanikopita)

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This is my absolute favorite Greek Food! My grandmother taught me how to make it “village-style” which I still do to this day. Here is a healthier version that I think you will enjoy!

Portion Fix Containers

- 1 Green ☐
- 1 Yellow ☐
- $\frac{1}{2}$ Blue ☐
- $\frac{1}{2}$ tsp. ☐

INGREDIENTS

- Nonstick cooking spray
- 2 lbs. frozen chopped spinach, thawed
Cheesecloth
- 4 tsp. olive oil, divided use
- 1 medium onion, finely chopped

- 1 cup crumbled feta cheese
- 4 large eggs, lightly beaten
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{4}$ tsp. ground black pepper
- $\frac{1}{2}$ tsp. ground nutmeg
- 8 sheets phyllo dough, (each approx. 12 x 17-inches), thawed, covered with a slightly damp towel

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Lightly coat a 9-inch springform pan with spray. Set aside.
3. Place spinach on cheesecloth, in small batches; squeeze dry. If you do not have cheesecloth, use a heavy-duty paper towel.
4. Finely chop spinach; place in a large bowl. Set aside.
5. Heat 1 tsp. oil in a large nonstick skillet over medium heat.
6. Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
7. Add onion, cheese, eggs, salt, pepper, and nutmeg to spinach; mix well. Set aside.
8. Place phyllo on work surface. Keeping the original stack covered, remove one sheet at a time and quickly brush with $2\frac{1}{2}$ tsp. oil. Place each oiled sheet in prepared pan. Some phyllo should be hanging off the edge. Repeat with remaining phyllo, completely lining the pan.
9. Add spinach mixture; smooth top. Fold phyllo over spinach and brush top of phyllo with remaining $\frac{1}{2}$ tsp. oil.
10. Bake for 30 to 40 minutes, or until spinach mixture is firm and phyllo dough is golden brown. Cool for 10 minutes before removing sides of the pan.
11. Cut into eight slices; serve immediately.

ENJOY!