

Deborah's Spinach Spanakopita

Makes 20 Pieces



INGREDIENTS

- 1 – lb package of filo dough (20-24 sheets)
- ½ c. olive oil or salad oil
- 3 lbs frozen chopped spinach
- 3 8-oz. packages of feta cheese, OR drained cottage cheese, OR Queso Fresco
- Small bunch of scallions, OR ½ onion, diced
- Large handful of fresh dill (about ½ bunch, 5-6 sprigs or more, to taste), chopped, or 1-2 T dried
- Other herbs, optional—chopped parsley, a sprig or two of fresh thyme or za'atar (or 1 t dried) and/or a small handful of chopped fresh basil or mint leaves
- 2 large cloves of garlic, minced
- Juice of 2 lemons
- 12 oz. marinated artichoke hearts, drained and chopped

1. Thaw the pack of filo overnight in the refrigerator the night before using, or on the counter at least 4-5 hours ahead. This step cannot be rushed without damaging the filo leaves.

2. Thaw the spinach OR microwave a pound at a time for 4 minutes each on HIGH. Working a pound at a time, squeeze out as much liquid as possible through a strainer or muslin cheesecloth—you want it very dry, until it stays together when pressed into a ball. If microwaving, put the next batch of spinach in the microwave while you strain the first. Put the dry spinach in a large salad or mixing bowl.

3. Chop the herbs, scallions and artichoke hearts, if using, by hand or in a food processor, pulsing a few times just to shred the mixture lightly. If using onion, parcook the diced onion separately on an open plate for 1-2 minutes in the microwave to take off the raw edge before adding it to the spinach. Add the lemon juice, garlic, crumbled feta and any additional cheeses. Mix everything together thoroughly with your hands, breaking up any large clumps. Set the mixture aside. Wash your hands and dry them well before starting with the filo.

4. Preheat the oven to 375 °F and prepare your work station: Lay out a length of plastic wrap a little wider and twice as long as the length of the filo box on your work surface to protect the filo from any moisture. Remove the package of filo from its sleeve and unroll it carefully. Cover it with another sheet of plastic wrap. Line your pizza pan with foil or parchment paper and oil it lightly. If you're using disposable foil pans, use two of them doubled up so the pan doesn't buckle when you take it to the oven. Pour about 1/2 cup of olive oil or the oil/butter mixture in a shallow bowl.

5. Uncover the filo stack and dab oil lightly on the first sheet using a pastry brush, a sandwich baggie over your hand, or just your fingertips. Lift up one short edge of the top filo sheet, making sure you only have one, and fold the sheet in half crosswise to make a "book," then gently lift it off the stack and place it on the pan with one corner just covering the center of the pan and the opposite corner hanging an inch or so over the rim. Dab a little oil on top of it and make a new book with the next sheet—dab, fold in half, lift, and put it down on the pan overlapping the first sheet at an angle. Continue around until you have a pinwheel of 8-10 folded filo sheets that cover the entire pan without gaps. Dab oil generously over the filo in the pan and cover the unused stack with plastic wrap to keep it from drying out.



7. Pile the spinach filling onto the filo and pat it all out nearly to the edge in an even layer without gaps. Leave the outside inch or so of the filo uncovered all the way around—this will become the sides of the spanakopita. Wash and dry your hands again.

8. Make another 8-10 sheet pinwheel of filo on top of the filling, dabbing oil between layers, until the filling is completely covered. Lift up the edges of the top filo layer and tuck in all the little corners from the bottom filo pinwheel under it, then smooth the top pinwheel corners down the outside edge and tuck them under the spanakopita to make a neat, fully enclosed package.

9. Brush oil all over the top of the spanakopita, particularly around the outside edges so there are no dry areas exposed.

10. Score the top set of filo layers into serving pieces before baking. Use a sharp thin paring knife and use small, even up-and-down sawing motions to cut through the top just down to the filling. Hold the layers steady with your other hand and just smooth them back into place if they get ruffled.

For a diamond pattern:

- Start by cutting a vertical dividing line down the middle of the tray as a guide, then three more vertical lines on each side, spacing them evenly, about 1 to 1 1/2 inches apart.
- Then starting at the top of the middle line at one edge, cut diagonally to the edge of the pan on the side. Make parallel cut lines about 1 1/2 inches apart for the whole pan. This makes 20 or so pieces.
- If you want about 40 smaller pieces, you can make a third set of horizontal cuts that cut the diamonds in half to make triangles.

11. Bake at 375 °F for about 35-45 minutes, or until golden brown and smelling good. If you're using a doubled disposable foil pan, be sure to use a cutting board underneath for support to transfer it onto the oven rack and back out again after baking.

12. Recut the spanakopita into serving pieces using a pizza wheel or long sharp knife, following the scoring lines. If you have a foil pan, slip a pie server or wide spatula under the bottom crust where you're cutting so you don't cut through the bottom of the pan.

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Deborah's Spinach Spanikopitas

Nutrition Facts

Serving size is one piece

Amount per serving

Calories	259
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% Daily Value*

Total Fat 16.4g	21%
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Saturated Fat 5.5g	27%
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Cholesterol 17mg	6%
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Sodium 645mg	28%
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Total Carbohydrate 15.5g	6%
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Dietary Fiber 1.2g	4%
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Total Sugars 4.6g	
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Protein 9.2g	
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Vitamin D 0mcg	0%
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Calcium 66mg	5%
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Iron 1mg	7%
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Potassium 17mg	0%
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**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by www.verywellfit.org