

**Sharon's Spinach Borekas**  
**Makes 15**



**Ingredients**

1 – 26 ounce package frozen puff pastry (2-10" x 15" sheets) (defrosted)  
1 - 12 ounce package frozen chopped spinach (defrosted)  
1 cup feta cheese  
1 teaspoon black pepper  
1 egg  
sesame seeds

**Directions**

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. Defrost puff pastry according to package directions and unroll one sheet onto cutting board.
3. Squeeze water from defrosted spinach and mix well with crumbled feta cheese and black pepper in a large bowl.
4. Spoon spinach mixture onto long side of puff pastry sheet in a three inch long strip about one inch in from the long side. Fold the edges of the pastry sheet over the filling and tightly roll into a log. With a sharp knife cut into 1 inch thick rounds and place on parchment paper leaving some space between rounds for expansion.
5. Beat the egg well and brush over the sliced rounds.
6. Sprinkle with sesame seeds and bake for 25-30 minutes or until golden brown.

## Sharon's Spinach Borekas

### Nutrition Facts

Servings: 1 Boreka

Amount per serving

|                                |     |
|--------------------------------|-----|
| Calories                       | 73  |
| % Daily Value*                 |     |
| <b>Total Fat</b> 4.9g          | 6%  |
| Saturated Fat 1.9g             | 9%  |
| <b>Cholesterol</b> 31mg        | 10% |
| <b>Sodium</b> 126mg            | 5%  |
| <b>Total Carbohydrate</b> 4.6g | 2%  |
| Dietary Fiber 1.1g             | 4%  |
| Total Sugars 0.5g              |     |
| <b>Protein</b> 3.4g            |     |
| Vitamin D 2mcg                 | 12% |
| Calcium 78mg                   | 6%  |
| Iron 1mg                       | 5%  |
| Potassium 98mg                 | 2%  |

*\*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](http://www.verywellfit.org)

