

Spanikopita

Ingredients:

1/2 pkg	fresh spinach
15 mL	olive oil
3	green onions, chopped small
5 mL	dried dill
20	precut strips of phyllo pastry
1	egg
3 oz	feta
60 mL	melted butter
	pepper to taste, pinch of salt

Method:

1. In skillet, heat oil over med-high heat. Cook the onions for 2 mins.
2. Add spinach to skillet, cook for 2-3 mins until wilted. Let the mixture cook and then drain off any extra moisture and then chop fine.
3. In a medium bowl beat up the egg with a fork. Add the dill, feta, pepper and the spinach mixture.
4. Lay 4 strips of phyllo at a time on a clean work surface (cover the rest with a slightly damp towel to keep from drying out)
5. Using a pastry brush lightly brush each strip with butter. Use 4 new strips and place them over top. Brush those with butter as well.
6. Put one spoonful of filling at corner of phyllo and fold up to make a triangle, then keep turning the triangle over and over till all phyllo is used to the top of the strip.
7. Place on the cookie sheet and brush it lightly with butter. Repeat till all of the filling is gone and all phyllo is used up.
8. Bake at 375 F for 15 mins or until outside is golden. Serve with tzatziki dip.

Tzatsiki:

125 mL	pressed greek yogurt, plain, full fat
1/6	of a seedless English cucumber
5 mL	of minced garlic
2 mL	dried dill
2 mL	white vinegar
5 mL	olive oil
1 mL	salt and a dash of pepper

Grate cucumber on the cheese setting of the grater on top of a paper towel. Press on it with a paper towel to absorb most of the moisture. Stir in all ingredients except oil. Then stir in oil at the end and season to taste with salt and pepper.