

BEEF AND SPINACH SPANAKOPITA



Ingredients

Servings: 12

- 3/8 cup onion, chopped
- 2 3/8 teaspoons canola oil
- 3/4 ounce garlic, chopped
- 6 3/8 ounces ground beef, 80/20, raw
- 3 1/8 tablespoons fresh parsley, chopped
- 1/8 teaspoon nutmeg
- 6 3/8 ounces chopped frozen spinach, defrosted and drained
- 3/8 cup feta cheese, crumbled
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- Cooking spray
- 8 sheets phyllo dough, defrosted
- 1 5/8 ounces butter, melted

- Heat the oven to 350 F.
- Sauté the onions in the canola oil in a large skillet until golden. Add the garlic and sauté another minute.
- Stir in the ground beef and cook for about 15 minutes, crumbling. Add the parsley, nutmeg and spinach to the meat and mix well. Cook until the internal temperature reaches 165 F, about 10 minutes.
- Remove from the heat and let cool. Add the feta cheese and season with the salt and pepper.
- Spray 2 sheet pans with the cooking spray. Unwrap the phyllo and unroll onto a work surface. Cover the phyllo stack with 2 overlapping sheets of plastic wrap, and then a dampened kitchen towel. Take 1 phyllo sheet from the stack and arrange on the work surface with the long side nearest you (keeping the remaining sheets covered) and brush with the melted butter. Top with another phyllo sheet and brush with butter.
- Cut the buttered phyllo stack crosswise into 6 strips, roughly 12-by-2-by-3 inches. Put a heaping teaspoon of filling near 1 corner of a strip on the end nearest you, then fold the corner of the phyllo over to enclose the filling and form a triangle. Continue folding the strip (like a flag), maintaining the triangle shape. Put the triangle, seam side down, onto a large greased baking sheet and brush the top with butter. Continue making triangles until all of the phyllo is gone.
- Bake the triangles in the middle of the oven until they are golden brown and the internal temperature reaches 165 F, 20 to 25 minutes. Transfer to a rack to cool slightly. Serve 2 triangles with the side dishes.

Side dishes

- Tzatziki Sauce
- Greek Salad

