**SPANAKOPITA**

**“SPINACH AND FETA TRIANGLES”**

**SERVES 2-3**

**INGREDIENTS:**

[](http://www.google.ca/imgres?imgurl=http://2.bp.blogspot.com/_CH-88zYEvrc/TNyJslRhphI/AAAAAAAABQg/aGZoFhTAOM4/s1600/%281+of+1%29-3.jpg&imgrefurl=http://goveganmeow.blogspot.com/2010/11/spanakopita-triangles-with-spinach.html&h=874&w=1176&tbnid=4vCI804hQvdn1M:&zoom=1&docid=tle-zT3wvRmJcM&ei=YGU4U6jVNIGFyQGA4oHQCg&tbm=isch&ved=0CPoCEIQcMF8&iact=rc&dur=1735&page=5&start=85&ndsp=20)15 mL margarine

⅛ small onion, minced

¼ package frozen chopped spinach, thawed and well-drained

30 mL feta cheese, crumbled

2 mL lemon juice

Pinch ground black pepper

Pinch of dried dill

2 sheets of phyllo dough

30 mL margarine, melted & divided

**DIRECTIONS**

1. Preheat oven to 375°F.
2. To drain spinach of excess water: place spinach between 2 paper towels and press together; allowing the paper towels to absorb the excess water.
3. Melt 15 mL margarine in a frying pan over medium heat. Add onions and cook, stirring, for about 5 minutes.
4. Add spinach and cook for an additional 5 minutes until the juices are evaporated. Remove to a medium bowl and let cool.
5. Stir in crumbled feta cheese, lemon juice, black pepper and dill.
6. Remove 1 sheet of phyllo dough and brush it lightly with 5 mL melted margarine. Lay the second sheet over the first and brush with 5 mL melted margarine. Cut lengthwise into 6 strips.
7. Divide filling into 6 equal portions. Working with 1 strip at a time, spoon ⅙ of the filling at the bottom left corner of the strip. Fold the bottom end over the filling to meet the right-hand edge, making a triangle; press out excess air around filling. Continue to fold, as if folding a flag, all the way to the top.
8. Place on baking sheet. Repeat with remaining strips. Brush the tops with remaining 5 mL melted margarine. Bake until golden brown, about 12-15 minutes.
9. Serve hot!!!

[](http://www.google.ca/imgres?imgurl=http://schwans.web.products.s3.amazonaws.com/4800326.jpg&imgrefurl=http://www.schwansfoodservice.com/product/?id=01t400000013x3uAAA&fid=a0D4000000EuiGpEAJ&h=300&w=400&tbnid=IXmF8AhUrm0DsM:&zoom=1&docid=bvSlTcyayO7OzM&ei=YGU4U6jVNIGFyQGA4oHQCg&tbm=isch&ved=0CIYDEIQcMGM&iact=rc&dur=942&page=5&start=85&ndsp=20)