

Spanakopita

We love spanakopita, but the traditional spinach and filo pie is a lot of work. We challenged the test kitchen to streamline the cooking of this Greek classic, and they hit it out of the park. The secret is cooking the filo layers and filling separately, then layering it all together and topping with a delicious olive, mild pepperoncini, cucumber, and Greek yogurt salsa.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per svg.)

5 MEEZ CONTAINERS

Filo
Leeks & Green Onions
Spinach
Cheese & Herb Filling
Greek Salsa

Good to Know

Spanakopita translates to “Spinach Pie” and is a popular savory pastry dish in Greece.

Health snapshot per serving – 725 Calories, 36g Protein, 37g Fat, 67g Carbs, 23 Freestyle Points.

Lightened Up Health snapshot per serving – 635 Calories, 36g Fat, 49g Carbs, 20 Freestyle Points with half the Filo (make as open-faced).

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Filo Dough, Spinach, Leeks, Green Onion, Kalamata Olives, Cucumbers, Pepperoncini, Tomato, Feta, Ricotta, Mozzarella, Egg, Yogurt, Cream, Lemon, Dill, Garlic, Oregano, Black Pepper, Kosher Salt.

meez *meals*

1. Getting Organized

Preheat your oven to 425. Lightly brush or spray a baking sheet with oil (or line with parchment paper) and melt 1 Tbsp of butter.

2. Bake the Filo

Lay the **Filo** dough flat on the counter long side across (landscape orientation) with the paper side up. Gently remove the paper and discard. Slice from top to bottom in the center of the large rectangle, creating two equal sized smaller rectangles. Slice each of the two rectangles in half again, top to bottom, so you then have 4 roughly equal sized Filo squares. (They won't be perfectly square, that is OK.) Transfer the cut Filo to the oiled baking sheet. Brush the tops of each of the Filo layers (there are 5 layers for each square) with the melted butter.

Bake the Filo until it is golden brown on top, about 10 to 15 minutes. Remove from the oven and set aside.

3. Make the Filling

While the Filo is baking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Leeks & Green Onions** with a sprinkle of salt and pepper. Sauté until they begin to brown, about 3 to 4 minutes. Squeeze the **Spinach** over the sink to remove any excess liquid, then add to the skillet. Cook until it is warm, about a minute.

Lower the heat to medium low and add the **Cheese & Herb Filling** (this is the thicker sauce that contains the feta cheese crumbles). Mix well and cook until the feta starts to melt, and the entire mix is warm, about 2 minutes. Remove from the heat.

4. Put It All Together

Place one of the baked Filo squares on a plate and top with one-half of the filling. Place another of the Filo squares on top of the filling and generously drizzle with **Greek Salsa** (the thinner sauce with the vegetable chunks). Repeat for the other serving. Enjoy!

Instructions for two servings.

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