

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Spanakopita Triangles
Makes 24-30 appetizer triangles

Ingredients:

20 oz. (2 boxes) chopped spinach, thawed, well-drained
2 tablespoons olive oil
7-8 scallions, thinly sliced
2 cloves garlic, minced
1/2 cup flat-leaf parsley, chopped
1 teaspoon fresh dill, chopped
8 oz. feta cheese, crumbled
1/2 teaspoon salt
1/4 teaspoon black pepper
3 eggs, beaten
40 sheets of fillo dough (1 lb.)
8 tablespoons (1 stick) salted butter, melted

Directions:

Mixing the Filling:

1. THAW the fillo dough by placing it in the refrigerator overnight, or on the countertop for 2 hours. Keep it wrapped and sealed in its original packaging as it thaws.
2. MIX the filling by first draining the chopped spinach very well in a colander including pressing and squeezing out any excess water. PLACE the spinach in a medium bowl by fluffing and teasing apart the pieces.
3. SAUTE in a skillet the thinly sliced scallions for 2-3 minutes or until wilted. ADD the minced garlic and sauté for an addition 30 seconds. REMOVE from heat and allow to cool, then add to the spinach.
4. CHOP and add the parsley and dill to the spinach mixture.
5. CRUMBLE the feta cheese into small pieces and add to the spinach. TASTE the filling mixture at this stage and season with salt and pepper prior to adding the eggs. The feta cheese is salty by nature so only a minimum of salt may be needed. A few cranks of freshly ground pepper are always in order; add those at this stage.
6. COMPLETE the filling by adding the beaten eggs and stirring well.

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Assembly and Baking:

7. MELT the butter in a small saucepan, or with a small bowl in the microwave for 30 seconds. ALLOW the butter to melt and cool. SKIM away any foam on the top; ALLOW any milk solids to settle at the bottom.

8. PREPARE a damp towel for use with the fillo dough. (Not a wet towel, just barely damp.) UNWRAP the thawed fillo dough, and UNROLL the sheets laying them flat. The fillo dough sheets may come in different sizes, but generally rectangular, about 9" x 14" in size. CUT the sheets in half lengthwise. STACK one pile on top of the other and cover with the damp towel.

9. TAKE one strip of fillo dough from the stack and place on a good working surface. With a pastry brush, dot and brush a little butter over the surface; no need to "paint" every part of the dough, just dot and brush. PLACE a second strip of fillo on top of the first one and repeat the dotting and brushing with butter.

10. PLACE a good tablespoon of filling on the strip coaxing it into a rough triangular shape. FOLD the dough over the filling in a diagonal fashion. CONTINUE to fold diagonally similar to folding a flag. CUT away any extra dough left at the end, or fold and tuck in any extra on the underside.

11. PUT the folded triangle on a lined baking sheet. BRUSH the top and edges with melted butter, this time covering all exposed surfaces. REPEAT with the remaining triangles. (Because fillo dough is so thin and dries out quickly, each triangle needs to be started and completed individually – no assembly line work here!) Twelve triangles will fit on a standard cookie sheet; leave a small space between each unit.

12. BAKE the triangles in a 375°F oven for 12-15 minutes or until the fillo becomes nicely golden brown. COOL slightly prior to serving. You'll find that these triangles are also delicious when served at room temperature.