



Tawil Physical Therapy
& Sports Performance

Spanakopita - Traditional Greek Entree

Recipe courtesy of The American Heart Association



Servings: 4

Serving Size: 1½ cups

Ingredients

- Cooking spray
- 1 teaspoon canola or corn oil and 1 Tbsp plus 2 tsp canola or corn oil, divided use
- 1 medium onion (chopped)
- 1 medium garlic clove (minced) OR
- 1/2 teaspoon bottled, minced garlic
- 1/2 cup fat-free ricotta cheese
- 2 large eggs
- 1/4 cup crumbled, fat-free feta
- 2 Tbsp fresh dillweed OR 1 tsp dillweed
- 1/8 teaspoon black pepper
- 5 9 x 14-inch sheets frozen phyllo, thawed in refrigerator
- 2 pounds fresh baby spinach OR 3 10-ounce packages frozen spinach, thawed and squeezed dry

Nutrition Facts | 234 Calories

Per Serving

Total Fat	10.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	5.5 g
Cholesterol.	88 mg
Sodium.	481 mg
Total Carbohydrate	23 g
Dietary Fiber6 g
Sugars.5 g
Added Sugars.	0 g
Protein	17 g

Dietary Exchanges

1/2 starch, 2 vegetable, 2 lean meat, 1/2 fat



Spanakopita

Directions

- 1 Preheat oven to 350°F. Lightly spray an 8 or 9-inch square baking dish with cooking spray.
- 2 In a large nonstick skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until almost soft, stirring frequently. Cook the garlic for 1 minute. Reduce the heat to low. Cook half the spinach for 1 minute, tossing with tongs. Cook the remaining spinach until all the spinach is wilted, tossing constantly. Remove from the heat. Drain well in a collander, using the back of a fork to press out any excess liquid.
- 3 In a medium bowl, stir together the ricotta, eggs, feta, dillweed, and pepper. Stir in the spinach until well combined. Transfer the spinach mixture to the baking dish.
- 4 Place the 5 sheets of phyllo dough on a cutting board. Working quickly, use a sharp knife to cut the sheets in half. Keep the unused phyllo covered with a damp cloth or damp paper towels to prevent drying. Place 1 sheet over the spinach mixture. Using a pastry brush, lightly brush with 1 teaspoon oil. Layer with a second sheet. Brush with 1 teaspoon oil. Repeat with the remaining sheets and oil.
- 5 Bake for 30 minutes. Increase the oven temperature to 375°F. Bake for 10 minutes, or until the top is golden and crisp. Serve warm.

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