

Spanakopita (Greek Spinach Pie) with Ricotta

Prep Time: 20 minutes | Cook Time: 40 minutes | Servings: 6-8 servings

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 500g (1 lb) fresh spinach, washed and roughly chopped (or 300g frozen spinach, thawed and drained)
- 250g (9 oz) ricotta cheese
- 200g (7 oz) feta cheese, crumbled
- 2 large eggs, lightly beaten
- 1/4 cup fresh dill, chopped (or 1 tbsp dried dill)
- Salt and pepper to taste
- 10-12 sheets phyllo dough, thawed
- 1/2 cup (120 ml) melted butter or olive oil (for brushing phyllo)

Instructions:

1. Preheat the oven to 180°C (350°F)
2. Heat olive oil in a large skillet over medium heat. Sauté the onions until soft, about 3-4 minutes
3. Add garlic and cook for another minute
4. Add spinach and cook until wilted and most moisture has evaporated. Remove from heat and let
5. cool slightly
6. In a large bowl, combine the cooked spinach mixture with ricotta, feta, eggs, dill, salt, and pepper
7. Mix well
8. Brush a baking dish (approximately 9x13 inches) with melted butter or olive oil
9. Layer 5-6 sheets of phyllo in the dish, brushing each with butter or oil
10. Spread the spinach and cheese mixture evenly over the layered phyllo
11. Cover with 5-6 more phyllo sheets, brushing each sheet with butter or oil
12. Tuck in any overhanging edges and brush the top with extra butter or oil
13. Score the top layer into squares or diamonds with a sharp knife

14. Bake for 35-40 minutes, or until golden brown and crispy

15. Let cool slightly before cutting and serving

Notes

- Serve warm with love. Great for gatherings or weeknight meals.

Estimated Nutrition (per serving):

Calories: 270 kcal

Protein: 18g

Fat: 21g

Carbs: 0g



Flavorful Hearts

<https://www.flavorfulhearts.com>