

SPINACH PIE BITES

SERVES: 15 | SERVING SIZE: 2 spinach pie bites | PREP: 25 minutes | READY: 45 minutes

INGREDIENTS

- 1 pound fresh baby spinach
- 2 tablespoons olive oil, divided
- 3/4 cup chopped onion
- 1 clove minced garlic
- 1/4 cup minced fresh parsley
- 2 tablespoons fresh squeezed lemon juice
- 1 tablespoon ground sumac
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup crumbled feta cheese, divided
- 30 mini baked phyllo shells, such as Athens Phyllo Shells



DIRECTIONS

Wash and destem fresh spinach. Place colander-drained spinach in a large skillet over low heat. Using tongs, move spinach around skillet until completely wilted, about 4 minutes. Remove cooked spinach from heat and allow to cool completely. Once cooled, squeeze spinach of excess liquid and roughly chop into smaller pieces (one pound of fresh spinach that has been cooked and squeezed dry will yield about 1 1/2 cups spinach).

In a separate skillet, heat 1 tablespoon oil over medium-low heat. Add onion and garlic, and sauté until softened, about 3 minutes. Remove skillet from heat and add cooked spinach, remaining oil, parsley, lemon juice, sumac, salt, black pepper, and 1/4 cup feta cheese crumbles; stir to combine.

Remove miniature, baked phyllo shells from packaging and place on a baking sheet or in a mini muffin pan. Equally divide spinach filling among 30 phyllo shells, about a heaping 1/2 tablespoon per shell. Bake in a preheated 350-degree oven for 12 to 14 minutes or until heated through. Remove spinach pie bites from oven and top with remaining feta cheese. Serve warm or at room temperature.

Cook's note:

For this recipe, you can use frozen spinach in place of fresh spinach. A 10-ounce package of frozen spinach will yield 1 1/2 cups thawed and squeezed-dry spinach, the exact amount of spinach needed for this recipe.

NUTRITION INFORMATION PER SERVING

65 calories, 3 g total fat, 1 g saturated fat, 0 g trans fat, 2 mg cholesterol, 138 mg sodium, 6 g total carbohydrate, 1 g dietary fiber, 0 g total sugars, 0 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 41 mg (4%) calcium, 1 mg (6%) iron, 27 mg (0%) potassium

