

Simple and Delicious Spanakopita

Ingredients

- 12 ounce bag of frozen chopped spinach (thaw before cooking)
- small onion, small dice
- 2 eggs, beaten
- 1 tablespoon minced garlic
- 3.5 ounce fat free feta cheese, crumbles
- 1 teaspoon cayenne pepper, optional
- 2 teaspoons oregano, dry
- 2 teaspoons parsley, dry
- 2-3 packages of phyllo cups

Instructions

1. Preheat oven to 350 degrees.
2. In a medium pan under medium-high heat, sweat onions until transparent, add garlic and continue to cook for 1 minute.
3. Remove from heat and place in bowl to cool slightly.
4. In another bowl, add egg, cheese, cayenne pepper, oregano, and parsley mixing until fully incorporated.
5. In small batches take a handful of spinach and squeeze as much water out of it as possible, spinach holds a lot of water, place dried spinach in bowl with egg and cheese mixture.
6. Once you have added the spinach, mix well to break up the spinach, add onion and garlic then mix well.
7. Leaving the phyllo cups in the plastic container they came in fill the cups to the top, but not heaping.
8. Bake 12 to 15 minutes or until cups are golden brown.