

The Picky Pantry – Episode #9

Hey there! I miss cooking for you all at the Family Place.

Join my son, Ty, and I for a cooking adventure from our house.

This week we will make **Spanakopita – Greek spinach pie (with NETTLES!)**

Spnakopita – Greek Spinach Pie - we added Nettles to ours

For the Crust

Filo pastry

1/2 cup butter, melted

For the Filling

4-5 cups of greens – spinach, kale, swiss chard (frozen works great) and fresh spring nettles

1 cup (or big chunk) of feta cheese

2 eggs

1 bunch of Fresh or dried dill (3 tsp dried)

1 bunch green onions (chopped)

Salt and pepper

Make the crust – preheat oven to 350 degrees. Lightly grease a casserole dish with some of the melted butter,

Lay in a sheet of filo dough, brush with more butter add another sheet of filo – repeat for 5 or 6 layers

Make the filling –crumble the feta into a bowl and add all the greens, add the egg and herbs, stir/toss until well mixed. Add to the filo ‘crust’ you have been building.

Top with another sheet of filo – coat in butter and add another layer of filo...you guessed it...more butter. Do 4 or 5 layers and then brush with a final coat of butter and you are Done!

Bake in the oven for 30-40 minutes until golden brown and bubbling. Take out of oven and let cool until you are ready to serve. Tastes even better if made a day or two ahead – keeps well.

You can find the video link to this recipe and all our Picky Pantry episodes on YouTube Search “The Picky Pantry” All the recipes are also posted on the Kootenay Kids website www.kootenaykids.ca Happy Eating!