

## Spinach and Goat Cheese Triangles

These are similar to the spanakopita that my Greek neighbors in Pittsburgh used to make for parties, weddings, and graduations. I use goat cheese instead of feta, because I love its creamy texture and tart flavor. I substituted melted butter for butter-flavored cooking spray to achieve the “skinny effect”.

*Serves 6-8, makes about 24 pieces*

### Ingredients

1 pound fresh spinach, washed and rough chopped  
1 tablespoon olive oil  
1 small onion, minced  
2 tablespoons fresh mint, minced  
1 teaspoon freshly grated nutmeg  
1/2 pound fresh goats cheese  
1 egg, beaten  
1-16 oz frozen box of phyllo dough sheets, defrosted in the fridge overnight

### Directions

Wilt the spinach in a large, dry skillet over medium high heat. The residual water clinging to the leaves should be enough, but add additional water if the spinach is too dry and does not soften right away. Place in a colander to drain.

In the same skillet, heat the olive oil over medium heat. Sauté the onions until they are translucent (about 4-5 minutes). Squeeze the excess water from the spinach and return it to the skillet with the onions. Break the goat cheese up with your fingers and add it to the skillet along with the mint and nutmeg, mixing the spinach well to coat. Season with salt and set aside to cool.

Preheat oven to 375° F. Remove the phyllo dough carefully from its box, and lay out one sheet. Cover the remaining sheets with plastic to keep them from drying out and becoming brittle. Spray the sheet with butter-flavored cooking spray. With a pizza cutter or sharp knife, slice three or four even strips lengthwise. At the closest edge, place 2 teaspoons of the spinach mixture on each strip. Lift one corner and fold over diagonally to make a triangle, then continue to fold the edges over,

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making an enclosed triangle with no opening. Repeat. Once all the “triangles” are folded, spray the top with additional cooking spray.

On two large cookie sheets lined with parchment paper or aluminum foil, bake the bites 8-10 minutes until the outside is golden brown and the filling is warm. Serve immediately.

Note: Store the unbaked triangles in the refrigerator for up to 6 hours and bake in a preheated oven as your guests arrive.

### **Make It A Meal**

Grilled Chicken Caesar Salad, Shallots and Green Beans

### **Wine Pairing**

Sauvignon Blanc, Pinot Noir