

...Everything...
HERBAL
By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic
GREEK
SPANAKOPITA

Flaky Phyllo Pie with
Spinach, Feta & Herbs

CRISPY • SAVORY • DELICIOUS



AUTHENTIC
GREEK
CUISINE



INGREDIENTS

FILLING:

- 1 lb fresh spinach, washed and chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 Tbsp olive oil
- ¼ cup fresh dill, chopped
- ¼ cup fresh parsley, chopped
- ¼ tsp dried oregano
- ¼ tsp salt (or to taste)
- ¼ tsp black pepper
- ¼ tsp nutmeg (optional)
- ¾ cup crumbled feta cheese
- ¼ cup ricotta cheese
- 1 large egg, lightly beaten

ASSEMBLY:

- 1 package (16 oz) phyllo dough, thawed
- ½ cup unsalted butter, melted (or olive oil)
- Sesame seeds (optional)

BEST SERVED WITH:

- Greek Salad
- Tzatziki Sauce
- Lemon Potato Wedges
- Avgolemono Soup

A traditional Greek favorite made with flaky phyllo pastry, a flavorful spinach and feta filling, and aromatic herbs.

Perfect as an appetizer, snack, or light meal!



DIRECTIONS

- PREPARE THE FILLING:** In a large skillet, heat olive oil over medium heat. Add onion and sauté until soft, about 3–4 minutes. Add garlic and cook for 1 minute. Add spinach and cook until wilted. Remove from heat and let cool slightly. Stir in dill, parsley, oregano, salt, pepper, nutmeg, feta, ricotta, and beaten egg.
- PREHEAT OVEN:** Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish.
- ASSEMBLE:** Unroll phyllo dough and keep covered with a clean damp towel. Place one sheet of phyllo in the dish and brush lightly with melted butter. Repeat with 6 more sheets, brushing each.
- ADD FILLING:** Spread the spinach filling evenly over the phyllo.
- TOP LAYERS:** Layer the remaining phyllo sheets on top, one at a time, brushing each with butter. Tuck in edges as needed.
- CUT & BAKE:** Using a sharp knife, cut into squares or diamonds. Brush the top with butter and sprinkle with sesame seeds (if using). Bake for 35–40 minutes, or until golden and crispy.
- COOL & SERVE:** Let cool for 10–15 minutes before serving. Enjoy warm or at room temperature!

CHEF CHERYL'S TIPS

- Keep phyllo dough covered with a damp towel to prevent drying out.
- Use a pastry brush for even buttering.
- Spanakopita freezes well! Bake from frozen—just add 10–15 minutes.

Proverbs 15:17
(KJV)

"Better is a dinner of
herbs where love is,
than a stalled ox and
hatred therewith."



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