

Spanakopita

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 48

24 Servings

Ingredients	Qty	Measure
Phyllo Dough (thawed)	1	box
Spinach (Fresh is preferred, but frozen will work. Just make sure you squeeze out the water thoroughly)	1	pound
Onion (diced small)	1	cup
Garlic (minced)	1/8	cup
Vegan mozzarella cheese	1/2	cup
Earth Balance (divided, melted)	10	Oz.
Salt	1	Tsp.
Pepper	1	Tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Put 2 oz. of Earth Balance in pan, cook onions and garlic until translucent. Add spinach and then allow to cool.
2. Stir in cheese, salt and pepper
3. Lay one piece of phyllo, brush with melted Earth Balance. Repeat with two more sheets of phyllo.
4. Cut phyllo in to eight strips
5. Place a tablespoon of spinach mixture on each strip, roll up into a trinagle
6. Bake in 350 degree oven for 30-40 minutes until golden brown

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

3 each along with 4 oz. of Sweet Potato Vegetable Soup

Nutrition Information

 *From USDA Nutrient Database

Calories: 69 Total Fat: 4.5g Saturated Fat: 1g Carbohydrate: 6g Protein: .5g Sodium: 102mg
Vitamin A: 49µg Vitamin C: 3mg Calcium: 11mg Iron: 0 Folic Acid: 21µg