

Simple and Delicious Spanakopita

- 1- 12 ounce bag of frozen chopped spinach
- 1- small onion, small dice
- 2 eggs, beaten
- 1 Tbsp Minced Garlic
- 1- 3.5 ounce Fat Free Feta cheese, crumbles
- 1 tsp Cayenne Pepper, optional
- 2 tsp Oregano, dry
- 2 tsp Parsley, dry
- 2-3 pkgs. of phyllo cups

Preheat oven to 350 degrees. In a medium pan under med-high heat, sweat onions until transparent, add garlic continue to cook for 1 minute. Remove from heat and place in bowl to cool slightly. In another bowl, add egg, cheese, cayenne pepper, oregano, and parsley mixing until fully incorporated. 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 cheese mixture. Once you have added the spinach, mix well to break up the spinach, add onion and garlic then mix well. Leaving the phyllo cups in the plastic container they came in fill the cups to the top, but not heaping. Bake 12-15 minutes or until cups are golden brown.

