

Spinach and Cheese Triangles

AMBER ACT/SA / Occasional NSW

Makes 20 Spinach & Cheese Triangles (serves 20)

Ingredients:

- 1 small brown onion, finely diced
- 1 garlic clove (½ teaspoon minced garlic)
- 2 bunches (600g) English spinach, prepped, washed and roughly chopped
- ½ cup ricotta cheese
- 1/3 cup shredded cheese
- 1/3 cup crumbled feta
- 2 eggs
- 20 sheets of filo pastry
- Canola spray

Method:

1. Preheat oven to 160°C
2. In a large saucepan cook off the onions and garlic until transparent
3. Add the spinach till it is cooked down 2-3minutes
4. Drain and allow to cool
5. In a large bowl add the spinach mix, ricotta, cheese, feta and eggs and mix well.
6. Layout 1 sheet of filo pastry and lightly spray with canola spray and place another sheet on top cut the sheets in half
7. Place 2 tablespoons of the filling on the bottom corner of each sheet and roll into a triangle
8. Repeat steps 6-7, 10 times.

Variations: If you have the space and time use a rolled out pizza dough instead of Filo pastry.

Nutrition information:

	Per serve (87g)	Per 100g
Energy (kJ)	701	805
Protein (g)	6.9	8
Fat – total (g)	2.3	2.6
Fat – saturated (g)	0.6	0.7
Carbohydrates – total (g)	27.8	31.9
sugar (g)	1.4	1.6
Sodium (mg)	325	373
Fibre (g)	3.1	3.6