

SPINACH PARMESAN PHYLLOS

Ingredients:

½ lb phyllo dough, thawed overnight in the fridge
3 Tbsp olive oil
1 cup parmesan cheese, finely shredded
2 cups fresh spinach leaves, chopped

Tip: use a variety of green vegetables to make this recipe. Try asparagus, broccoli, kale, rapini, bok choy or Swiss chard.

Instructions:

- Preheat the oven to 400 F. Oil a baking pan and set aside.
- Lay out one phyllo sheet on a flat surface. Place a few spinach leaves at one end (leaving some space for folding) of the phyllo sheet and sprinkle with some cheese. Fold into square or triangle shape. Repeat with the remaining ingredients.
- Place all the spinach parmesan phyllos in the baking pan. You can brush a thin layer of oil on each phyllo, to get a crispier texture.
- Bake in the oven for about 20 minutes, until crisp.
- Serve with our *Basil Pesto* or *Mojo Sauce*.

Serves 4 people

Fact

Dark leafy green vegetables, such as spinach, are a source of calcium. Other sources include milk products, fortified soy beverages, and almonds. Calcium is an important bone building mineral.

