



STS Farms Recipe of the Month

Spanakopita Tarts

Makes: 48 § Prep: 25 minutes § Bake/Cook: 20 minutes

Ingredients:

1 Tbsp 15 mL	Canola Oil
1 1	Small Onion: Chopped
3 3	Green Onions: Chopped
1 10 oz.	Package Spinach: Thawed, Chopped, Squeezed of moisture
6 oz.	Feta Cheese: Crumbled
1 Cup 250 mL	Ricotta Cheese
2 2	Eggs
1 Cup 250 mL	Parmesan: Grated
8 Tbsp. 120 mL	Butter: Melted
1 lb.	Phyllo: You may not use it all
Large Pinch	Nutmeg
To Taste	Salt and Pepper

Directions:

1. Preheat oven to 345 F. Butter a 24 mini muffin pan and set aside
2. Heat the 1 Tbsp. of canola oil in a medium skillet over medium heat, add both the onions and cook until soft.
3. While the onions are cooking, mix together the spinach, feta, ricotta and eggs. Add in the cooked onion. Season with salt, pepper and nutmeg. Combine well and set aside.
4. Take the phyllo from the package and roll out flat, cover with a damp tea towel. Remove one sheet and lay flat on the counter. Brush with the melted butter. Lay on another sheet of phyllo. With a pizza cutter or sharp knife cut into 2 inch



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pieces. Place each square in a cup of the muffin pan and lightly brush with butter. Repeat the layers two more times for each cup, offsetting the squares slightly. You will then have placed three squares in each cup with a total of 6 individual sheets of phyllo.

5. Place a tsp. of the spinach mixture in each cup and then top with a pinch of parmesan.

6. Bake for 15-20 min. until golden brown. Serve immediately or let cool and freeze.

Note: If frozen, reheat in a 350F oven for 15-20 min. or until heated through. Will freeze well for 1-2 months if properly sealed.