







## Ingredients

### Filling

- 6 eggs
- 2 cups (500 mL) crumbled feta cheese
- 3 tbsp (45 mL) extra-virgin olive oil
- 1 cup (250 mL) ricotta, or cottage, or quark cheese
- 1 cup (250 mL) finely chopped onion
- 1 cup (250 mL) finely chopped parsley
- 1 large handful of chopped fresh basil, stems removed
- 1 tsp (5 mL) ground fennel seeds (grind them yourself for better flavor, using a clean coffee grinder)
- 2 tbsp (30 mL) flour
- 2 lbs (1 kg) fresh spinach, thoroughly washed and dried and chopped into 1 in (2.5 cm) pieces,

## Pastry

- 1 lb (0.5 kg) package filo pastry dough, thawed
- ½ cup (125ml) melted butter
- ½ cup (125ml) extra virgin olive oil or avocado oil

## Instructions

1. Preheat oven to 325°F (165°C).
2. Combine all ingredients for the filling and mix thoroughly. Set aside.
3. Mix melted butter and oil together in a bowl.
4. Use a wide pastry brush or a 2 in (5 cm) natural bristle paint brush (not one you have used for painting) to brush the bottom and sides of a 10 in × 13 in (25 cm × 33 cm) baking dish with melted butter mixture.
5. Place one sheet of filo in the dish, then brush the top with melted butter mixture.
6. Place another sheet of filo over it and brush again with melted butter. Continue until you have 8-10 layers of filo.
7. Spread the filling onto the filo sheets. Then cover with 8-10 sheets of filo, again brushing each sheet with melted butter.
  - The secret to spanakopita is in the filo pastry. Remember that each sheet of filo should be spread with melted butter or oil to ensure a flaky, light dish when baked.
8. Bake uncovered for one hour. Serve with warm pita bread, tzatziki sauce, and Greek salad.

Makes 6 servings.