Greek Spanakopita Cups + Lettuce-less Horiatiki Greek Salad + Green Greek Yogurt Shakes

**Greek Spanakopita Cups**

**preheat+squeeze+chop**

Preheat oven to 400 degrees F. Place 5 oz frozen spinach in a bowl and squeeze to remove the excess water. Set spinach aside and discard the water. Then chop 2 green onions and 1 garlic clove.

**sauté+crack+whisk**

Heat 1 T olive oil in a sauté pan and cook onions and garlic until soft (about 2-3 minutes). Meanwhile, crack 1 egg in a bowl and whisk.

**add+measure+mix**

Add the sautéed onions and garlic to the spinach. Add the egg and 4 oz crumbled feta cheese. Measure 1 tsp dried oregano, ½ tsp salt, a pinch of pepper, 2 tsp brown sugar/honey, and 2 T plain Greek yogurt. Mix well.

**layer+bake**

Take 2 wonton wrappers and layer 1 tsp of spinach/feta mixture in the middle of the first wrapper. Then layer second wonton wrapper over that. Place 1 more tsp of spinach/feta mixture on top of the second wonton wrapper. Repeat with remaining wonton wrappers. Brush cupcake maker with oil, then place spanakopita cups in cupcake wells and press down so that they form to the wells. Bake for 8-10 minutes, or until spinach mixture has set and wonton wrappers are golden and crispy!
lettuce-less horiatiki greek salad

dice+squeeze+whisk

Dice 2 cucumbers into rough, chunky pieces. Squeeze the juice from 1 lemon and whisk together with 1 T olive oil, 1 tsp brown sugar/honey, ½ tsp salt, and ½ tsp dried oregano.

combine+toss+marinate

Combine diced cucumbers with salad dressing. Toss and let marinate for 20 minutes to allow flavors to meld. Just before serving, top with ¼ cup crumbled feta cheese.

green greek yogurt shakes

peel+add+measure

Peel 2 bananas and add to a blender. Measure 1 C Greek yogurt, a handful of frozen spinach (squeezed dry), 1 T brown sugar/honey, and 1 C ice and add to blender.

blend+pour

Blend on high until shake is thick and smooth (add a bit of water to help blend if needed!). Pour into cups and enjoy!
# shopping list

## Greek Spanakopita Cups
- 5 oz frozen spinach
- 24 wonton wrappers
- 1 T olive oil
- 2 green onions
- 1 clove garlic
- 1 egg
- ½ tsp salt
- pinch black pepper
- 4 oz feta cheese
- 1 tsp dried oregano
- 2 tsp brown sugar/honey
- 2 T plain Greek yogurt

## Lettuce-less Horiatiki Greek Salad
- 2 cucumbers
- 1 lemon
- 1 T olive oil
- 1 tsp brown sugar/honey
- ½ tsp salt
- ½ tsp dried oregano
- 1 oz feta cheese

## Green Greek Yogurt Shakes
- 2 ripe bananas
- 1 C Greek yogurt
- Small handful frozen spinach
- 1 T brown sugar/honey
- 1 C ice
History of Spanakopita

We all know the word pita, as in pita bread. Well, in Greek pita means pie. Who knew?! The English translation of Spanakopita = Spinach Pie.

This tasty dish may have originated over 400 years ago, and may have been introduced during the Turkish occupation of Greece. It is made with phyllo dough and commonly cut into triangles, and the interior is usually filled with cooked spinach and onions. For a heartier version of spanakopita, feta cheese is also added.

The triangular pastry can be made small, or in our Sticky Fingers Cooking classes as a ‘cupcake’ and it is to be served lukewarm, as is the traditional Greek way. One can purchase previously prepared spanakopita, ready for baking, to serve as appetizers or finger foods… but it is much more fun to make spanakopita yourself!

The surprise ingredient: Spinach!

★ Dark leafy green vegetables are some of the BEST foods we can feed our bodies. Specifically, dark greens like spinach keep our hearts, blood, and brains healthy.

★ Just half a cup of raw spinach counts as 1 of the 5-7 servings of fruits and vegetables you should eat a day.

★ VITAMIN K1: Spinach is another source of Vitamin K1! Do you remember that K1 helps with blood clotting? How’s this for interesting: French soldiers consumed wine mixed with spinach juice during the First World War to recuperate from excessive bleeding!

★ CHLOROPHYLL: Spinach is high in chlorophyll! In fact, all green vegetables (and plants) contain chlorophyll. Chlorophyll’s job is to absorb sunlight and use it for energy - a process called photosynthesis. Chlorophyll helps the body make red blood cells. These cells carry oxygen through the blood to our organs.

★ Spinach can be eaten raw in salads and added raw to smoothies. Spinach doesn’t have a very strong taste, so it’s a wonderful fuss-free addition when you want to pack in more nutrition to whatever you’re cooking. It can be chopped and added to soups and stir-fries, baked into gratins, quiches, and pies, pureed and added to dips. Spinach is super versatile. Frozen spinach is an easy substitute and works brilliantly in many recipes that call for fresh spinach.

Time for a laugh!

What did the rabbit say to the spinach? It’s been nice gnawing you!
Why are spinach leaves never lonely? Because they come in bunches!

fun food facts:

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