

Little Greek Pies

It's fun to make food that is special... that tastes really good and is also healthy. These little spinach pies are one of my favorites.

- 2 cups tender spinach leaves**
- 1 T. olive oil**
- 1 medium sized onion, finely chopped**
- ½ tsp. fennel seeds**
- ½ cup medium firm tofu, crumbled or diced**
- salt and pepper to taste**
- phyllo pastry**

Place the spinach in a pan with just the water clinging to its leaves after washing. Cook over medium heat until wilted; about 7 minutes.

Warm the oil in a pan over moderate heat, add the onion, cover and cook for 5 minutes. Add the fennel seeds and cook for 1 – 2 minutes longer.

Add the onion mixture and the tofu to the spinach. Season with salt and pepper if you desire, and mix thoroughly; allow to cool.

Preheat your oven to 400 degrees.

Cut a sheet of phyllo pastry lengthwise into two strips. Spoon filling onto the tops edge of one strip and make a triangle. Brush with small amount of olive oil. Place on baking sheet and repeat using all the filling to make triangles.

Bake until golden crisp: about 10 minutes.

Serve immediately or re crisp in a warm oven before serving.

Nutrition Facts	
per serving makes 12 servings	
Amount per serving	
Calories	135
Calories from fat	34
% Daily Value *	
Total Fat 3.9g	6%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 384mg	16%
Total Carbohydrate 21.5g	7%
Dietary Fiber 1g	4%
Protein 3.8g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
25.1% of calories from Fat 63.6% from Carbohydrates 11.2% from Protein	