



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Spanakopita Mini Phyllo Cups**

1 T. olive oil  
1 c. minced onion  
¼ t. salt, or more  
1 t. dried basil  
1 t. dried oregano  
1 ¼ lbs. fresh or frozen spinach, stemmed and chopped  
3-4 cloves garlic, minced  
1 ½ - 2 T. all-purpose flour (GF flour may be substituted)  
1 cup crumbled feta cheese  
½ c. cottage cheese  
black pepper, to taste (start with ½ t.)  
about 35-40 Mini phyllo cups (Athens brand works well)

Heat olive oil in a large pot or Dutch oven. Add onion, salt and herbs, and saute for about 5 minutes, or until the onion softens. Add spinach, turn up the heat, and cook, stirring/turning, until the spinach wilts (5 to 8 minutes). Stir in the garlic.

Sprinkle in the flour, stir and cook over medium heat 2 to 3 minutes more.  
Remove from heat. Mix in the feta cheese and cottage cheese. Taste to correct seasonings, adding additional salt and pepper to taste.

At this point, the filling can be cooled, put in an air-tight container and refrigerated 1 day ahead of time. When time to serve, preheat oven to 375°. Spoon filling into the phyllo shells (you can do this up to an hour in advance), place filled cups on a sheet pan and bake for 5-6 minutes, or until heated through. Transfer to a platter and serve.

Makes about 35-40 appetizers.

**Buy local! Get produce for this recipe from small Solano County farms.**

Visit <http://sustainablesolano.org/local-food/> for resources and information.

