

VEGETARIAN

Feta-Spinach Tarts

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.54	64 kcal

If you have around 45 minutes to spend in the kitchen, Feta-Spinach Tarts might be a great lacto ovo vegetarian recipe to try. One portion of this dish contains around 4g of protein, 2g of fat, and a total of 64 calories.

Ingredients

☐ ½ teaspoon freshly ground black pepper	☐ 1 large egg
☐ 3 large egg whites	☐ 2 ounces 1/2 cup crumbled feta cheese
☐ 2 tablespoons chopped fresh parsley	☐ 1 garlic clove, minced
☐ 2 tablespoons 1% low-fat milk	☐ 1½ tablespoons chopped fresh oregano
☐ 6 sheets (18 x 14-inch) sheets frozen phyllo dough, thawed	☐ ½ cup chopped red onion
☐ ¼ teaspoon salt	☐ 10 ounce package frozen chopped spinach, thawed, drained, and squeezed dry

EQUIPMENT Bowl, Frying pan, Oven, Whisk, Muffin liners, Cutting board

Method

- 1 Preheat oven to 37
- 2 Heat a nonstick skillet over medium heat. Coat pan with cooking spray.
- 3 Add onion, and cook 5 minutes, stirring frequently.

- 4 Add garlic; cook 1 minute, stirring constantly. Stir in pepper and salt.
- 5 Add spinach; cook 2 minutes, stirring frequently.
- 6 Remove from heat, and cool slightly.
- 7 Combine egg whites and egg in a medium bowl, stirring with a whisk.
- 8 Add spinach mixture, parsley, oregano, and milk, stirring to combine.
- 9 Place 1 phyllo sheet on a large cutting board or work surface (cover the remaining dough to prevent drying); lightly coat with cooking spray. Repeat layers with remaining phyllo and cooking spray, ending with phyllo. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray.
- 10 Cut stack lengthwise into 3 (4 1/4-inch-wide) strips, and cut each strip crosswise to form 4 (4 1/2-inch) squares. Carefully place 1 layered square into each of 12 muffin cups coated with cooking spray; gently press squares into pan to form cups. Fan corners of phyllo cups. Lightly coat the corners of each phyllo cup with cooking spray.
- 11 Divide the spinach mixture evenly among phyllo cups.
- 12 Bake at 375 for 15 minutes.
- 13 Remove from oven; sprinkle evenly with cheese. Loosely cover; bake an additional 3 minutes.

Nutrition per serving

64 KCAL	4 g PROTEIN	2 g FAT	8 g CARBS
Saturated Fat			0.9 g · 6% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			187 mg · 8% of daily needs
Cholesterol			19.8 mg · 7% of daily needs
Vitamin C			2.8 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/feta-spinach-tarts-148068