

STARTER & SNACK

Spinach Phyllo Triangles

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	20 min	50 min	24	\$0.76	214 kcal

The recipe Spinach Phyllo Triangles can be made in roughly 1 hour and 10 minutes. This recipe serves 24 and costs 76 cents per serving. This hor d'oeuvre has 215 calories, 3g of protein, and 17g of fat per serving.

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons ouzo
- ☐ ¼ cup minced pepperoncini and their juices
- ☐ 3½ ounce package reduced fat crumbled feta cheese
- ☐ 10 ounce package frozen creamed spinach
- ☐ 1 cup chopped fresh parsley leaves
- ☐ 24 servings Extra-virgin olive oil
- ☐ 1 tablespoon pepper
- ☐ 1 box phyllo dough, thawed
- ☐ ½ cup ricotta cheese

EQUIPMENT Bowl, Frying pan, Baking sheet, Paper towels, Baking paper, Oven, Kitchen towels

Method

- 1

Using a coffee filter set over a bowl, drain the ricotta. Discard liquid and set ricotta aside.
- 2

In a 2-quart saute pan over medium heat, melt butter.
- 3

Add parsley, creamed spinach, pepper, and nutmeg and cook for 5 minutes.
- 4

Add ouzo and simmer for another 5 minutes.

- 5 Remove from heat and stir in ricotta and feta cheeses and the pepperoncini.
- 6 Let cool and then refrigerate for 20 minutes or more.
- 7 Preheat oven to 375 degrees F.
- 8 In the meantime, roll out the phyllo dough and, starting from the long side, cut sheets into 2-inch wide strips. Cover with a paper towel and a slightly dampened kitchen towel. Take 3 strips and brush the top sheet lightly with olive oil. Top with 1 teaspoon of filling, placed 1/2-inch above the bottom corner. Fold into a triangle shape and repeat as though folding into a flag. Repeat. Arrange triangles seam side down on a cookie sheet lined with parchment paper. Lightly brush triangles with olive oil and bake for 20 minutes or until golden brown. Cool slightly and transfer to a serving platter. Freeze leftover phyllo dough for other uses.

Nutrition per serving

214

KCAL

3 g

PROTEIN

17 g

FAT

11 g

CARBS

Saturated Fat	3.6 g · 22% of daily needs
Fibre	0.8 g · 3% of daily needs
Sugar	0.3 g · 0% of daily needs
Sodium	151 mg · 7% of daily needs
Cholesterol	7.4 mg · 2% of daily needs
Vitamin C	7.7 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spinach-phylo-triangles-147657