

Cornucopia Cool Chef Travelling Taste Buds Recipes



Week 4 – Greek/Mediterranean

Spanakopita

Traditional Spinach pie, made with golden, flaky phyllo dough, brushed with heart-healthy olive oil instead of butter. A very tasty way to get some power greens! These make a popular appetizer for sure!

SERVINGS: 50 triangles

Ingredients:

2 16oz bags	Frozen, chopped spinach
12 oz	Feta, crumbled
2	Eggs
1 small bunch	Green onions
1 Tbs	Olive oil
1 lb box	Phyllo dough
8 oz	Olive Oil
to taste	Salt & pepper

adapted from www.wqed.org/tv/cooks

Directions:

1. Allow spinach to defrost completely over a strainer. Squeeze dry.
2. In a saucepan over medium heat, add 1 Tbs olive oil and then sauté green onions and spinach for 2-3 minutes. Set aside to cool.
3. In a mixing bowl, combine whisked eggs with crumbled feta. Add greens, once they've cooled a bit to ensure they do not cook the egg. If desired, add salt and/or pepper.
4. Allow phyllo dough to stand at room temperature a few hours before ready to prepare or overnight in the fridge. Do not open package until the filling is mixed as it dries out quickly. Cut dough into sixths. You may wish to use 1/6th at a time. Wrap remaining dough in plastic wrap and keep in fridge until ready to use.
5. Lay out strips on a cutting board, perhaps beginning with 4. Brush each strip with olive oil. Layer another strip on top of each greased strip and brush again.
6. Place 1 teaspoon of spinach-cheese mixture at one end of each strip. Fold it diagonally to make a right angle, (as you would fold a flag) until triangles are formed. Brush the top with olive oil.
7. Continue steps 5 and 6 until all dough is gone.
8. Place on ungreased baking sheet. Bake at 350 for 20-25 min. until golden brown. Serve warm.

Greens Spanakopita (Dairy-Free)

Another tasty option if you're feeding dairy-free folks. Serves: 4-6

Ingredients:

9 sheets	Phyllo dough
4 Tbsp	Olive oil or spray
1	White onion, thinly sliced
3	Cloves garlic, minced
1-2 bunches	Kale, chard, spinach, beet or any mixture of greens (about 5 cups, chopped)
¼ tsp	Sea salt
1/8 tsp	Fresh ground pepper
1 tsp	Garlic powder
1/3 C	Sundried tomatoes, julienned
2/3 C	Non-Dairy Cheese (such as cashew cheese, Daiya or tofu cheese)
	Tofu Cheese
7 oz	Extra firm tofu, sliced into small chunks
1Tbsp	Nutritional Yeast
1.5 Tbsp	Lemon juice
2 tsp	Salt

Combine all yeast, lemon and salt in a plastic bag. Shake to dissolve salt. Add tofu and let marinate 24 hrs up to 1 week.

adapted from www.floridacoastalcooking.com

Directions:

1. Preheat oven to 350. Heat a saucepan over medium-high heat. Add 1 Tbsp olive oil and saute onions about 5 minutes or until clear.
2. Reduce heat to medium low. Add garlic, greens, salt, pepper and garlic powder. Cook another 5 minutes or until greens are wilted.
3. In a mixing bowl, combine sundried tomatoes, tofu cheese and wilted greens.
4. Pour ~3 Tbs olive oil in a small bowl. Use a pastry brush to lightly coat the inside of an 8x8 or 9x9 baking dish with olive oil.
5. Unroll defrosted phyllo sheets, and cover with a damp cloth while you work so it doesn't dry out. Stack 3 sheets on a cutting board and lightly brush with olive oil. Fit into bottom of a prepared pan. Repeat with 3 more sheets and place in pan at a 90 degree angle to the first sheets.
6. Fill the pan with the greens mixture. Then oil and layer 3 more stacked sheets of phyllo on top, folding and tucking to enclose the filling completely. Brush the top with any remaining oil.
7. Use a sharp knife to score the pie all the way through into desired portions.
8. Bake pie in preheated oven until puffed, golden and crisp, about 25-30 minutes. Cool slightly and then re-cut along the scored portion lines.

Pasteli – Ancient Greek Honey Sesame Candy

The world's first energy bar --- no wonder the Greeks conquered so much! Serves: 12 bars or many smaller candies

Ingredients:

1 cup	Sesame seeds
¾ cup	Honey
1 inch	Lemon Peel
1 tsp	Lemon juice
¼ cup	Sugar (optional)

www.lemonandolives.com

Directions:

1. Add sesame seeds to pan and cook over low to medium heat until lightly golden brown.
2. Remove from heat and empty seeds onto a plate to stop them from getting too dark.
3. Add honey, lemon peel and lemon juice to pot. Heat over medium heat until simmering, stir continuously for 5 minutes.
4. Turn off heat and immediately add sesame seeds to honey and mix well.
5. Empty onto a baking pan lined with parchment paper.
6. Flatten with a spatula brushed with olive oil to avoid sticking.
7. If not using sugar, place in fridge to allow to cool for 20 minutes.
8. Once it is semi-hard, remove and cut into bars or desired shapes.

* Note, using sugar will make candy harder. One can then cool candy at room temperature and should check often to see when they become semi-hard and cut into bars. If you wait too long, they will be difficult to cut.

Chicken Cilantro Meatballs with Yogurt Sauce

A fun twist on chicken because who doesn't love to dip? Serves: 4-6

Ingredients:

1 pound	Ground chicken
1	Onion, diced
3 Tbsp	Coriander
¼ tsp	Cumin
1 tsp	Marjoram
1	Egg
2	Olive oil
¼ cup	Breadcrumbs
to taste	Salt & pepper
about ¼ cup	Flour
	Yogurt Sauce
1 cup	Greek Plain yogurt
1 Tbsp	Olive oil
1	Garlic clove, pressed
1 Tbsp	Coriander
1 Tbsp	Lemon juice
to taste	Salt & pepper

www.lemonandolives.com

Directions:

1. In a mixing bowl, combine chicken, onion, spices, egg, olive oil and breadcrumbs. Mix well.
2. Place in fridge for 30 minutes to allow breadcrumbs to absorb liquid.
3. Make yogurt sauce by combining yogurt, oil, garlic, lemon juice and spices. Mix well. Place in fridge.
4. To make the meatballs, rub hands in flour to avoid sticking. Then place ¼ cup flour on a plate or cutting board. To form meatballs, take 1 spoonful of meat into hands form into a ball, roll in flour, shake off excess flour and set aside. Repeat with all of the meat.
5. Heat several tablespoons of canola or vegetable oil in a large frying pan. Add meatballs in batches, cooking each for 5 minutes per side, or until a nice golden brown.
6. When done, remove and place on paper towel.
7. Plate and serve with yogurt sauce for dipping.