

Spinach Triangles



Ingredients

| | |
|--------------|--------------------------------------|
| 1 medium | onion, coarsely chopped |
| 3 cups | fresh mushrooms, coarsely chopped |
| 11 cups | fresh baby spinach |
| 1 teaspoon | red pepper flakes |
| 1 teaspoon | salt |
| 1 teaspoon | Better than Bouillon No Chicken Base |
| 1 tablespoon | McKay's Chicken Seasoning |
| ¼ teaspoon | cayenne |
| ½ cup | feta cheese |
| ½ cup | shredded mozzarella cheese |
| ¼ cup | shredded parmesan cheese |
| 1 package | phyllo dough |



Directions

Sauté onions and mushrooms in a skillet that has been sprayed with non-stick cooking spray over medium hot until onions are clear. Drain off any excess liquid. Add spinach, salt, McKay's Chicken Seasoning, Better than Bouillon No Chicken Base, red pepper flakes, and cayenne. Cook until spinach is wilted. Add cheeses and stir to combine.

Unroll the phyllo dough on a flat surface and keep it covered with waxed paper and a damp towel so it doesn't dry out and become brittle. Using a sharp knife, cut the filo into 3 by 11 inch strips, and cover with the towel. Using two strips of filo dough, spray with non-stick cooking spray. Place one tablespoon of spinach filling 1 inch from the end of the pastry. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like folding up a flag. Continue with remaining strips of dough, placing filled triangles on the baking sheet and keeping them covered with a towel until all are ready to bake.

Spray the tops of each with non-stick cooking spray, then bake for 7 to 10 minutes at 400 or until golden and crisp. Serve hot.

Yields: 27 Triangles

Hands down, these are my grandson's all-time favorite appetizer! Be sure and keep any unused portion of filo dough covered – only exposing the amount that you are working with. Otherwise, when it dries out, it becomes flakey and will break when trying to fold. –Brenda Walsh