

Spanakopita bASH-Style

Prep + Cook Time: 45-60 mins Serves 4

John & I love this dish. It's so tasty and filling. And good for you!

2 large leeks, roots and tops trimmed & the rest
finely shredded
500g frozen spinach
100g low fat feta, grated
¼ cup Pure Liquid Egg Whites
¼ cup grated Parmesan cheese

- Defrost your spinach. Use a block of spinach and not the cubes.
- Once defrosted, squeeze out all the excess liquid.
- Heat a large non-stick deep frying pan.
- Add a little water and the leeks.
- Cook for 10-15 minutes until tender.
- Allow to cool.
- Preheat oven to 200 deg.
- In a large bowl add the leeks, spinach, low fat feta, egg whites and parmesan cheese.
- Mix well.
- Add to a large, flat Pyrex dish.
- Bake for 20-30 minutes or until browned & cooked through.

Nutritional Information Per Serve

Calories 132 | KJ's 554 | Carbs 9g | Fat 2g | Protein 10g | Fibre 2g
Carbs 37% | Fat 22% | Protein 41%