

- Prep Time: 20 minutes
- Cook Time: 25 minutes
- Resting / Cooling Time: 10 minutes
- Total Time: 55 minutes
- Difficulty Level: Moderate
- Recipe Yield: 24 crisps (Serves 6 as an appetizer)

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Heat & Technique Intensity Levels

Understanding the heat intensities across stages ensures maximum crunch without burning the delicate phyllo layers or turning the spinach watery.

Cooking Stage	Heat Intensity	Temperature Level	Key Technique Focus
Spinach Wilt & Saute	Medium-High	Stovetop (~350°F / 175°C)	Flash-cook greens to release initial moisture rapidly
Phyllo Assembly	Ambient / Room Temp	68°F – 72°F (20°C – 22°C)	Keep dough under a damp towel to prevent cracking
Baking Phase	Medium-High	375°F (190°C) Convection	Bake until deep golden-brown for optimal crispness
Cooling Phase	Ambient Air	Wire Cooling Rack	Elevate crisps to avoid trapped steam underneath

Ingredients List

For the Spinach & Feta Filling

- 10 oz (285g) Fresh baby spinach, washed and dried thoroughly
- 1 tbsp (15ml) Extra-virgin olive oil
- 1 medium Shallot, finely diced
- 2 cloves Fresh garlic, minced
- 7 oz (200g) Authentic Greek feta cheese, coarsely crumbled
- 2 oz (60g) Ricotta cheese or Greek yogurt (helps bind without excess moisture)
- 2 tbsp Fresh dill, finely chopped

- 1 tbsp Fresh mint, finely chopped
- 1 tsp Lemon zest, freshly grated
- 1/2 tsp Freshly cracked black pepper
- 1/4 tsp Grated nutmeg
- *Note: Salt is omitted from the filling as feta provides natural saltiness.*

For the Crispy Phyllo Shell

- 12 sheets Phyllo (filo) pastry dough, thawed overnight in the refrigerator
- 1/3 cup (80ml) Extra-virgin olive oil or melted unsalted butter (for brushing)
- 1 tbsp White sesame seeds (for topping)
- 1 tsp Nigella seeds or black sesame seeds (for topping)

Step-by-Step Cooking Instructions

1. Prep the Filling & Moisture Removal: Intensity: Medium-High Stovetop | Time: 8 mins.

Heat 1 tablespoon of extra-virgin olive oil in a large skillet over medium-high heat. Add the

diced shallot and garlic, sauteing for 1 to 2 minutes until translucent. Toss in the baby spinach in batches, stirring constantly until fully wilted (about 3 minutes). Immediately transfer the cooked spinach to a fine-mesh colander. Once cool enough to touch, wrap the spinach in a clean kitchen towel or cheesecloth and wring out every last drop of liquid. *Removing excess moisture is essential to prevent soggy pastry layers.*

2.Combine the Filling Ingredients:Intensity: Low / Hand Mixing | Time: 5 mins.

Roughly chop the wrung-out spinach on a cutting board and transfer it to a medium mixing bowl. Add the crumbled feta, ricotta (or Greek yogurt), chopped dill, chopped mint, lemon zest, black pepper, and nutmeg. Gently fold the mixture using a fork or spatula until evenly distributed. Taste and adjust seasoning if necessary.

3.Layer and Brush the Phyllo Dough:Intensity: Precise Handcrafting | Time: 12 mins.

Preheat your oven to 375°F (190°C) and line two large baking sheets with parchment paper. Unroll the phyllo pastry onto a dry, clean surface and immediately cover it with a slightly damp kitchen towel to prevent drying. Take 1 sheet of phyllo, place it flat on your cutting board, and brush lightly with olive oil or melted butter. Top with a second sheet of phyllo and brush again. Repeat until you have a stack 3 sheets thick. Cut the stacked sheet lengthwise into 4 equal strips using a sharp chef's knife or pizza cutter.

4.Shape and Portion the Crisps:Intensity: Moderate Precision | Time: 8 mins.

Spoon 1 rounded tablespoon of the spinach-feta mixture onto the bottom corner of each strip. Fold the corner over the filling diagonally to form a triangle, then fold straight up, and continue flagging diagonally to the top of the strip—similar to folding a flag. Repeat with the remaining phyllo sheets and filling to yield 24 triangular crisps. Arrange them on the prepared baking sheets, leaving 1 inch of space between each piece.

5.Bake to Golden Perfection:Intensity: Medium-High Oven Heat | Time: 20-25 mins.

Lightly brush the top of each triangle with olive oil and sprinkle with mixed white and black sesame seeds. Bake at 375°F (190°C) for 20 to 25 minutes, rotating the baking sheets halfway through, until the crisps turn a deep golden-brown color and puff up slightly.

6.Rest and Serve:Intensity: Ambient Cooling | Time: 10 mins.

Remove from the oven and transfer the crisps directly onto a wire cooling rack. Allow them to rest for 10 minutes so the inner steam settles while the exterior reaches peak crunchiness. Serve warm or at room temperature alongside lemon wedges or a side of tzatziki.

Complete Nutritional Information

Nutritional facts are calculated per individual serving (4 crisps per serving, batch yields 6 total servings).

Nutrient	Amount Per Serving (4 Crisps)	% Daily Value (% DV)
Calories	285 kcal	—
Total Fat	18 g	23%
– Saturated Fat	5.5 g	28%
– Trans Fat	0 g	—
Cholesterol	25 mg	8%
Sodium	440 mg	19%
Total Carbohydrates	22 g	8%
– Dietary Fiber	2.5 g	9%
– Total Sugars	1.8 g	—
Protein	9 g	18%
Vitamin D	0.2 mcg	2%
Calcium	180 mg	14%
Iron	2.4 mg	13%
Potassium	290 mg	6%