**Spanakopita**

1 pkg frozen spinach, thawed and drained

30 mL onion, finely chopped

20 mL olive oil

1 mL nutmeg

Dash salt and pepper

15 mL dill

50 mL ricotta cheese

30 mL feta cheese crumbled

30 mL margarine, melted

8 sheets phyllo pastry

1. Preheat oven to 375 F.
2. Place frozen spinach in a glass bowl, cover and microwave on high for 3-5 minutes. Place in colander and rinse with cold water, breaking up with hands. Squeeze as much moisture as possible from the spinach using your hands.
3. In a frying pan, heat oil over medium heat and saute onions until tender (translucent). Add the spinach and cook over low heat, stirring constantly for 5-10 minutes in order to dry the spinach minutes a little more.
4. Remove from heat, transfer to a bowl; add nutmeg, salt & pepper. Stir. Set aside & cool.
5. Once spinach mixture is cooled (room temperature), add dill, ricotta and feta cheese. Stir to mix well.
6. Once phyllo sheets have been collected place flat on counter and cover with a piece of wax paper. Using a clean cool damp tea towel (wet towel and wring out completely), place in onto of the wax paper to prevent the phyllo pastry sheets from drying out.
7. Assemble phyllo triangles using the 'flip-flop' method brushing with melted margarine as demonstrated.
8. Place on ungreased cookie sheet and bake for 15-20 minutes. Serve with tzatsiki (yogurt dip).