



A Recipe from



DR. SINATRA'S

GREEK SPINACH PIE

This is an easy, crustless version of the Greek spinach pie called spanakopita. It can be made with either regular or baby spinach. Whichever you choose, top with oregano for traditional Greek flavor. The extra vegetables add a nourishing bonus of texture.

- 1 teaspoon light [olive oil](#)
- 2 scallions, ends removed, finely chopped
- 5 Brussels sprouts, trimmed and finely sliced
- 4 cups fresh [spinach](#)
- ½ cup feta cheese crumbles, rinsed
- 1 teaspoon finely chopped [garlic](#)
- 1 tablespoon finely chopped parsley
- 1 [omega-3 egg](#), whisked
- ½ teaspoon salt
- 1 teaspoon fresh lemon juice
- Few sprigs fresh oregano

Place an oven rack on the middle shelf of the oven. Preheat to 350°F. Brush a 9-inch loaf pan or 8-inch casserole dish with olive oil and set aside. Heat the olive oil in a wok or large saucepan over medium heat. Sauté the scallions and Brussels sprouts until tender, about 7 minutes. Reduce the heat to medium-low. Add the spinach, feta cheese, garlic, parsley, egg and salt and stir until well blended. Add the lemon juice. Remove from heat. Scoop the spinach mixture into a prepared loaf pan or casserole dish, top with oregano sprigs and bake for 15 minutes. The top should turn golden brown. If the top starts to burn before cooking time is up, place a piece of foil over it. Let the spinach pie cool slightly before slicing and serving. Serves 2.