



## Spanakopita

- Before Lesson: Please be sure 5 oz. of chopped spinach has been defrosted and squeezed dry with a clean dish towel (use a dark colored towel that is not a favorite)
- 1 box of Phyllo (defrost one package before class) – 9” by 14” sheets. Athens is popular brand and is near Pepperidge Farm and Cool Whip at most stores
- ½ cup of feta cheese
- ¼ cup of ricotta full fat
- 2 green onions sliced thin
- ¼ cup golden raisins
- A handful of pine nuts
- Tablespoon fresh oregano
- Tablespoon lemon juice
- 1 minced garlic
- ¼ teaspoon real nutmeg
- Bottle of extra virgin olive oil



## Roasted Pears with Crème Fraiche and Toasted Pistachios

- 4 Pears (Red, Bartlett or any will work)
- 1 ¼ cups of white wine
- ¼ cup of chopped apricots
- 1/3 cup of sugar
- ¼ teaspoon cardemon (if cardemon is hard to find, you can substitute equal amounts of cinnamon and nutmeg mixed together)
- Pinch of salt
- 1 lemon
- ½ cup of chopped pistachios
- Butter
- A small container of crème fraiche or Greek plain yogurt (5 oz.)

Note: As you look over the ingredients, you can buy more or cut the recipe if you just want to make a little. For example, you can buy just 2 large pears and cut the amounts in half.