



# BROCCOLINI® and Feta Triangles

## Servings

24 triangles

## Calories

320

## Prep Time

35 minutes

## Cook Time

35 minutes

## Skill Level

Medium

## Ingredients

- 1 package BROCCOLINI®
- ½ cup toasted pine nuts
- ½ cup crumbled feta (2oz)
- ¼ cup lemon juice, divided
- ½ teaspoon black pepper, divided
- ¼ teaspoon red pepper flakes
- 1½ sticks butter, melted and divided
- 12 sheets thawed phyllo dough
- ½ cup unsweetened plain Greek yogurt
- 2 tablespoons chopped dill
- ½ teaspoon fine sea salt



## The Method

1. Preheat oven to 400°. Line 2 large sheet pans with parchment paper.
2. Fill a medium pot with 2" water and fit with a steamer basket. Steam BROCCOLINI® until bright green and tender, about 4 minutes. Transfer to a cutting board.
3. When cool enough to handle, finely chop BROCCOLINI®. Transfer to a medium bowl, and add pine nuts, feta, 2 tablespoons lemon juice, ¼ teaspoon black pepper, and pepper flakes. Stir to combine.
4. On a clean work surface, lay flat 1 sheet phyllo dough making sure to cover the rest with a towel to keep phyllo from drying out. Reserve 2 tablespoons of the melted butter. Brush sheet with some of the remaining butter. Place another phyllo sheet on top and brush with butter. Cut phyllo lengthwise into 4 strips.



## BROCCOLINI® and Feta Triangles

5. Starting with the lower right corner, fold bottom edge up and to the left so that it aligns with the left hand edge, forming a triangle. Then fold triangle upwards so that you have 3 layers of phyllo. Brush triangle with butter Place 1 tablespoon BROCCOLINI® mixture in center and continue to fold triangle as if folding a flag, enclosing filling in phyllo. Place triangle on a prepared sheet pan and repeat steps with remaining dough and broccolini mixture.
6. Brush tops of triangles with remaining 2 tablespoons butter. Bake until tops are golden and flaky, 25-30 minutes
7. In a small bowl, whisk together yogurt, dill, salt, remaining ¼ teaspoon pepper, and remaining 2 tablespoons lemon juice.
8. Serve BROCCOLINI® triangles warm with yogurt sauce.

### Nutrition Facts

Serving Size: 3 Feta Triangles and 1 Tbsp Yogurt Dip | Servings: 8

#### Amount Per Serving

Calories 320 | Total Fat 26g (sat fat 13g trans 0.5g) | Cholesterol 55mg | Sodium 380mg | Total Carbohydrate 19g | Dietary Fiber 1g | Sugars 2g (Includes 0g Added Sugars) | Protein 7g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 2%