

Creamed Spinach Phyllo Cups

*Cooking Light Test Kitchen Staff
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Servings: 10

Yield: 3 cups per serving

2 boxes (15 cups ea) mini phyllo shells (such as Athens)

cooking spray

1 tablespoon canola oil

2 tablespoons fresh garlic, minced

2 bags (6 ounce ea) baby spinach

1/4 teaspoon salt

2 tablespoons whipping cream

3 ounces low-fat cream cheese

1/2 ounce Parmigiano-Reggiano cheese, very thinly shaved

Preparation Time: 9 minutes

Preheat the oven to 425 degrees.

Arrange the phyllo shells in a single layer on a foil-lined baking sheet. Lightly coat the shells with cooking spray. Bake for 4 minutes or until lightly browned and very crisp.

Heat a large skillet over medium heat. Add the oil and swirl to coat. Add the garlic and cook for 1 minute or until fragrant but not browned, stirring frequently. Coarsely chop one bag of the spinach. Add the chopped spinach to the pan. Cook for 2 minutes or until the spinach wilts, tossing frequently.

Chop the remaining spinach. Add to the wilted spinach in the pan. Cook for 2 minutes or until the spinach wilts, tossing frequently. Sprinkle the spinach mixture with salt and toss well. Stir in the cream and cream cheese. Cook for 1 minute or until the cheese melts and the sauce is thoroughly heated. Remove the pan from the heat.

Spoon about one tablespoon of the spinach mixture into each shell.

Top evenly with the Parmigiano-Reggiano cheese.

Start to Finish Time: 29 minutes

Toasting the phyllo cups keeps them crisp longer after being filled.

Per Serving (excluding unknown items): 25 Calories; 2g Fat (88.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 55mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	25	Vitamin B6 (mg):	trace
% Calories from Fat:	88.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	9.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	trace
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refused:	0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	55mg	Vegetable:	0
Potassium (mg):	9mg	Fruit:	0
Calcium (mg):	5mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	44IU		
Vitamin A (r.e.):	12 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 25 **Calories from Fat:** 22

% Daily Values*

Total Fat 2g	4%
Saturated Fat 1g	4%
Cholesterol 4mg	1%
Sodium 55mg	2%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein trace	
Vitamin A	1%
Vitamin C	1%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.