Southwest Spanakopita Bites

2 Tablespoons chopped red bell pepper

1 green onion, sliced thin

1 teaspoon canola oil

1 cup fresh spinach

3/4 cup shredded Monterey Jack cheese

1/2 cup frozen corn

1/2 cup black beans, rinsed and drained

1 Tablespoon chopped jalepeno

1/2 teaspoon cumin

1/2 teaspoon chili powder

1/4 teaspoon salt

8 sheets phyllo dough

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Saute red pepper and onion in skillet until tender.

Stir in spinach and cook until wilted.

Stir in cheese, corn, beans, jalapeño, cumin, chili powder and salt.

Place 1 sheet of phyllo dough on counter. Spray with cooking spray.

Cut dough into three 14x3" strips.

Place a Tablespoon of filling on lower corner of each strip.

Fold dough over filling, forming a triangle.

Fold triangle up and then over, forming another triangle.

Continue folding like a flag until you reach the end of the strip.

Spritz the end of the strip with cooking spray and press onto triangle to seal.

Place triangles on silpat lined baking sheets and bake 10-12 minutes at 375.

Serve with avocado and sour cream.