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Spinach and Feta-Stuffed Focaccia



This calzone-like roll mixes fresh spinach with cheese, raisins, and pine nuts—a flavor combination reminiscent of the Mediterranean.

★★★★☆ *Worthy of a special occasion*

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Yield: 6 servings (serving size: 1 slice)

Video: How to Cook Spinach and Feta-Stuffed Focaccia

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Becky Luigart-Stayner; Melanie J. Clarke and Celine Chenoweth

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Nutritional Information

Amount per serving

Calories: 334

Calories from fat: 29%

Fat: 10.6g

Saturated fat: 3.5g

Monounsaturated fat: 4.6g

Polyunsaturated fat: 1.3g

Protein: 12.6g

Carbohydrate: 48.7g

Fiber: 3.5g

Cholesterol: 16mg

Iron: 3.9mg

Sodium: 815mg

Calcium: 201mg

Nutrition Guidelines for Healthy Living

Ingredients

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- 1 tablespoon olive oil \$
- 1/2 cup chopped onion \$
- 3 garlic cloves, minced
- 2 (6-ounce) packages baby spinach \$
- 3/4 cup (3 ounces) crumbled feta cheese \$
- 2/3 cup golden raisins
- 3 tablespoons pine nuts, toasted
- 2 tablespoons fresh lemon juice \$
- 1 1/2 teaspoons chopped fresh oregano
- 1/4 teaspoon salt \$
- 1/4 teaspoon ground red pepper
- 1 (13.8-ounce) can refrigerated pizza crust dough
- Cooking spray \$
- 1 tablespoon 2% reduced-fat milk \$
- 1 tablespoon water
- 1/4 cup (1 ounce) grated fresh Parmesan cheese \$

Preparation

Preheat oven to 450°.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 1 minute. Add half of spinach; cook 1 minute or until spinach wilts. Add remaining spinach; cook 2 minutes, stirring constantly, until spinach wilts. Remove from heat; stir in feta and next 6 ingredients (through pepper).

Place dough on a baking sheet coated with cooking spray; pat dough into a 15 x 12-

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inch rectangle. Spread spinach mixture lengthwise over half of dough, leaving a 1-inch border. Fold other half of dough over filling; press edges together with a fork. Cut 5 (1-inch) diagonal slits in top of dough.

Combine milk and water; brush evenly over dough. Sprinkle with Parmesan. Bake at 450° for 15 minutes or until golden.

Katherine Cobbs, *Cooking Light*
AUGUST 2004

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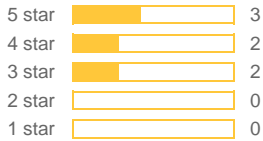
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Worthy of a special occasion

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7 Reviews

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KRedden

Really like this recipe - good for when I want pizza but am craving something sweet as well. I make a whole wheat dough which adds to the sweetness and makes it nice and chewy!

Worthy of a special occasion 08/26/11

ceglass

We love this recipe. We use dough from the bread machine instead of buying dough. We make it frequently. Often we will substitute pecans for the pine nuts and craisins for the raisins. However, we love it as presented as well.

Outstanding 04/27/11

KimS65

Love this recipe...the saltiness of the feta, sweetness of the raisins, spice of the red pepper and crunch of the pinenuts all go together so well.

Outstanding 02/04/10

SusanKMcE

After watching the video, I decided to try this recipe on a week night. We were happy with the result. DO plan to serve a salad alongside this. 1/6th is a small portion. I took the leftovers for lunch the next day.

★★★★☆ Good, solid recipe 09/11/09

EarthaK

Very good. The filling was different and really tasty - a nice mix of sweet and savory. I served it with a green salad dressed with a vinaigrette. This made a great weeknight dinner, but I could also see serving it as an appetizer for guests. I make it as written except used reduced fat french feta, my own pizza dough and left out the red pepper. I also put half the parmesan inside since the microplane grater I use makes the cheese so fluffy half of it was was plenty for the outside.

★★★★☆ Worthy of a special occasion 05/15/09

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MAIN INGREDIENT: Cheese, Vegetables | COOKING METHOD: Bake | PUBLICATION: Cooking Light

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