



Ingredients

1 medium	onion, coarsely chopped
3 cups	fresh mushrooms, coarsely chopped
11 cups	fresh baby spinach
1 teaspoon	salt
1 teaspoon	Better Than Bouillon No-Chicken Base
1 tablespoon	McKay's Chicken Style Seasoning
1 teaspoon	red pepper flakes
¼ teaspoon	cayenne
½ cup	silken tofu, crumbled
1 16-ounce	package phyllo dough



Directions

Sauté onions and mushrooms in a skillet that has been sprayed with nonstick cooking spray over medium hot until onions are clear. Drain off any excess liquid. Add spinach, salt, McKay's Chicken Seasoning, Better Than Bouillon base, red pepper flakes, and cayenne, and tofu. Unroll the phyllo dough on a flat surface and keep it covered with waxed paper and a damp towel so it doesn't dry out and become brittle. Using a sharp knife, cut the fillo into 3 x 11-inch strips and cover with the towel. Separate two strips of fillo dough and spray with nonstick cooking spray. Place one tablespoon of spinach filling 1 inch from the end of the pastry. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like folding up a flag. Continue with remaining strips of dough, placing filled triangles on the baking sheet and keeping them covered with a towel until all are ready to bake. Spray the tops of each with nonstick cooking spray, then bake for 7 to 10 minutes at 400 degrees or until golden and crisp. Serve hot.

Yields: 27 Triangles

Hands down, these are my grandson's all-time favorite appetizer! Be sure and keep any unused portion of filo dough covered – only exposing the amount that you are working with. Otherwise, when it dries out, it becomes flakey and will break when trying to fold. –Brenda Walsh