

Ham & Spinach filo pies

Prep time mins 20 mins

Cooking time 32 mins

Serves 4

Ingredients

4 sheets filo pastry

Olive oil cooking spray

250g low fat cottage cheese

2 eggs, lightly whisked

100g Tick-approved shaved leg ham, chopped

1 1/3 cups shredded silverbeet leaves

4 green onions, trimmed, thinly sliced

80g reduced-fat feta, crumbled

2 tbs chopped dill

1/2 tsp finely ground nutmeg

Mixed salad and lemon wedges, to serve

1. Preheat oven to 180°C. Cut 1 sheet of filo in half lengthways then into three crossways so you have 6 squares. Lightly spray four pie tins, or texas muffin holes with olive oil.

2. Lightly spray one square filo and place oil side down into pie tin, repeat with remaining 5 squares placing them on top of each other at a slight angle until you have six squares covering the base and sides of the tin. Repeat using remaining filo. Place tins onto a flat tray and into oven, bake 10-12 minutes until light golden.

3. Combine cottage cheese and eggs in a large bowl. Add the ham, silverbeet, green onions, feta, dill, nutmeg and freshly ground black pepper, mix until well combined. Pile evenly into the pie tins. Place onto a baking tray.

4. Bake for 15-20 minutes or until filling set. Serve warm or at room temperature with mixed salad leaves and lemon.

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