

Flavor and Flake

Vol. 2



Spring / Summer Edition

ATHENS®



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WE'RE SPRINGING INTO WARMER WEATHER WITH FRESH, EXCITING PHYLLO RECIPES. FROM EASTER TO MOTHER'S DAY BRUNCH, JUNE WEDDING SHOWERS TO JULY PICNICS, WE'VE GOT IDEAS THAT WILL CARRY YOU THROUGH THIS SEASON OF REBIRTH AND RENEWAL.

In this second volume of our cookbook, you'll find snack inspiration, summer meals, classic Greek favorites and new surprises. Our test kitchen chef and favorite food influencers have come together to share their flakiest favorite appetizers, entrees and desserts. We hope you enjoy.

All the best from our family to yours,

The Athens Foods Family

About Us

Since 1958, our family-owned company has produced more phyllo dough and flavorful phyllo specialties than any other phyllo-maker in the world. Every day, we're hard at work to produce quality products and create recipes that make you feel like a rock star in the kitchen, whether you're a seasoned cook or barely know how to boil water.



Tips and Tricks

*Never worked with phyllo?
No problem.
We've got a few hacks that
can make these recipes a
surefire success.*

PLAN IN ADVANCE

Follow the package instructions to defrost phyllo dough (an overnight thaw in the fridge and a little time on the counter to come to room temp is critical).

If you need an instant phyllo fix, make one of our recipes with phyllo shells! They're ready for immediate use — just fill and serve.

SAVE YOUR LEFTOVERS

Remove any phyllo not needed for the recipe, reroll, wrap in plastic and refrigerate for up to 1 week so it's ready to roll when you are or refreeze up to 2 months.

DO - PREP FOR SUCCESS

Phyllo can dry out quickly, so have all your ingredients ready to go before opening the package of phyllo dough. For best results, work quickly and keep the dough covered with plastic wrap plus a damp towel over top. This keeps the dough moist and pliable throughout recipe assembly.

Make ahead. Many phyllo dishes can be assembled and frozen in airtight containers prior to baking. Do not defrost prior to baking.

DON'T - WORRY ABOUT PERFECTION

Phyllo is more forgiving than you think. If it tears, simply patch it back together and layer with another sheet. No one will know!

GET FLAKY WITH IT

Phyllo is extremely versatile, so don't feel limited by traditional phyllo dough recipes. Phyllo dough is awesome as a pizza crust, pie shell, tortilla bowl or even a cracker. If these recipes whet your appetite, dig into our recipe library for even more ideas and creative substitutions. Phyllo shells come ready-to-use. Just fill and go! Find more inspiration at: athensfoods.com/recipes



Brunch



Fruit Filled Shells

These cute little cups turn up the volume on basic fruit salad. Pineapple, kiwi and raspberries come together for a taste of the tropics, but you could use any in-season fruit you like.

- **2 packages** (15 count, each) Athens® Phyllo Shells
- **¼ cup** fresh pineapple, cut into rounds
- **¼ cup** fresh raspberries, coarsely chopped
- **1 kiwi**, peeled and cut into rounds
- **¼ cup** whipped cream

DIRECTIONS:

Preheat oven to 350°F. Place empty shells on a baking sheet. Bake shells for 8 minutes. Cool.

Cut each pineapple round into 8 equal pieces by cutting each round in half, then in half again, then making 2 more diagonal cuts.

Cut each raspberry in half.

Cut each kiwi round so you make 6 equal triangles.

Spoon ½ teaspoon whipped cream into each shell. Place 1 pineapple triangle, 1 half raspberry, and 1 kiwi triangle on top. Spoon another ½ teaspoon whipped cream on top. Repeat and place 1 pineapple triangle, 1 half raspberry, and 1 kiwi triangle on top of the whipped cream.

*Use all berries[!]
for Fourth of July flavor,
or combine chopped peaches
and plums for a late
summer treat.*

Avocado Phyllo Toast

Avocado toast is a food trend turned sensation turned menu staple. There's a clear reason why this Millennial favorite has stuck around so long: it's crazy good and healthy. We up the flake factor and the flavor by swapping layers of crisp phyllo for traditional toast, then add red pepper hummus for creaminess and hemp seeds for bonus Omega-3s.

- **8 sheets** Athens® Phyllo Dough (9"x 14"), thawed
- **1** egg white
- **3 tablespoons** olive oil, divided
- **1 ½ tablespoons** water
- **½ teaspoon** fresh oregano, chopped, optional
- **6 ounces** roasted red pepper hummus
- **2** Hass avocados, peeled and thinly sliced
- **2 tablespoons** hemp seeds, for garnish

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

In a small mixing bowl, whisk together egg white, 2 tablespoons olive oil and water. Unroll and cover phyllo sheets with plastic wrap and then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on cutting board and lightly brush with egg white mixture. Sprinkle lightly with oregano. Repeat with 6 more sheets of phyllo to make a stack of 7 layers. Do not brush egg mixture on top sheet. Using a pizza cutter or sharp knife, cut the stack in half lengthwise to create 2 rectangles 4 ½" x 9". Cut each rectangle into 3 rectangles 3" x 4 ½" each. Cut each in half diagonally to create a total of 12 triangles. Place on a baking sheet. Brush 1 tablespoon olive oil over the tops of each triangle. Reroll unused phyllo sheets and follow storing instructions on package. Bake for 8-10 minutes or until phyllo starts to brown. Remove from oven.

Carefully spread hummus on each triangle. Place 1 hummus topped triangle stack onto another. Repeat with remaining triangles so you have 6 "double decker" triangles. Top each with avocado slices, sprinkle with hemp seeds and serve.



Use jam as the filling for a thicker consistency

Phyllo Nest Pastries

These nests are one part traditional rugelach, one part thumbprint cookie, and all parts delicious. Plus, because phyllo is unleavened dough, they make an ideal Passover dessert ... and an even better breakfast pastry.

- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **1 stick** butter, melted
- **¼ cup** ground almonds
- **¾ cup** filling (such as canned cherries, canned pastry filling, jam, curd or poppy seed paste)
- **¼ cup** confectioners sugar, for garnish

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. Unroll and cover phyllo sheets with plastic wrap and then a slightly damp towel to prevent drying out.

Place one sheet of phyllo on work surface and lightly brush with melted butter and sprinkle with a ½ teaspoon ground nuts. Lay a second sheet of phyllo over the first, pressing gently. Lay a wooden or metal dowel (¼" – ⅜" diameter) along long edge. Fold phyllo over dowel and carefully roll up continuing to approximately 1" from the end. Grasping the phyllo on both ends of dowel, gently press together forming gathers. Slide roll off dowel and form into a circle with the 1" flap of phyllo forming the bottom of the nest. Place on baking tray and lightly brush with butter. Repeat procedure with remaining phyllo forming 8 or 9 more nests.

Bake for 8-10 minutes or until golden brown. When cool, spoon filling into nests and sprinkle with confectioners sugar and remaining ground nuts. Serve at room temperature.

To take these nests up a notch, dollop with a smidgen of whipped cream or sweetened fromage fraiche.



Summer Tomato Basil Phyllo Pie

Tomato pie is the stuff of Southern legend. To balance the mayo and mozz, we like our pie served alongside a simple arugula salad dressed in lemon juice, EVOO and generous shards of parmesan (because really, who can say no to more cheese?).

- **10 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **4 medium** tomatoes
- **1 cup** fresh basil leaves, loosely packed
- **4 cloves** garlic
- **½ tablespoon** fresh thyme leaves
- **½ cup** Parmigiano Reggiano cheese (or other hard cheese), grated, divided
- **3 tablespoons** olive oil
- **1 ½ cups** mozzarella, shredded, divided
- **½ cup** mayonnaise
- **⅛ teaspoon** salt
- **⅛ teaspoon** black pepper

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

Cut tomatoes into wedges and drain on paper towels. Pulse basil and garlic in a food processor, until finely chopped, set aside. In a small bowl, combine thyme and 1 ½ tablespoons Parmigiano Reggiano.

Unroll and cover phyllo sheets with plastic wrap and then a slightly damp towel to prevent drying out. Lightly brush 9-inch pie pan or quiche dish with olive oil. Place 3 sheets of phyllo in pan, gently pressing down and with excess evenly hanging over sides. Lightly brush with oil and sprinkle with some thyme mixture. Lay 3 more sheets of phyllo across the first 3 making a plus sign, brush with oil and sprinkle with some thyme mixture. Repeat procedure with 2 sheets diagonally and 2 sheets on opposite diagonal. The phyllo in the pan should now resemble spokes on a wheel. Fold in and roll up overhanging phyllo to make an edge around the rim of pie plate. Brush lightly with oil. Reroll unused phyllo sheets and follow storing instructions on package. Bake for 5-8 minutes or until the phyllo just starts to brown.

Remove from oven and evenly spread bottom of pie pan with ½ cup mozzarella. Arrange tomato wedges on top of melting mozzarella. Sprinkle with basil mixture. In a medium bowl combine mayonnaise, 1 cup mozzarella, remaining Parmigiano Reggiano, salt and pepper. Gently spoon mixture evenly on top.

Bake 35-40 minutes or until pie starts to turn golden. Let rest 10-15 minutes before slicing. Serve.



For best results, use tomatoes that are ripe but still firm — try beefsteak, plum or Campari here!





Pimento Cheese and Ham Bites

Short on time? Store-bought pimento cheese works just fine here. Want to really go all out? Swap the ham for diced pancetta or thick-cut bacon.

- **¼ cup** cream cheese, softened
- **¼ cup** mayonnaise
- **1 cup** sharp cheddar cheese, shredded
- **¼ cup** diced pimentos, drained
- **1 teaspoon** dry mustard
- **½ teaspoon** garlic powder
- **½ teaspoon** onion powder
- **½ teaspoon** celery salt
- **1 cup** ham, chopped
- **2 packages** (15 count, each) Athens® Phyllo Shells
- **6 chives**, chopped for garnish

DIRECTIONS:

In a medium bowl, combine cream cheese, mayonnaise, cheddar cheese, pimentos, mustard, garlic powder, onion powder, and celery salt. Mix well. Thoroughly combine ham with cheese mixture. Spoon into phyllo shells. Sprinkle with chives and serve.

For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes.

Cool and fill.

** A toaster oven makes this quick & easy.*

Zucchini and Sun-dried Tomato Mini Quiche

We pack all the flavors of summer into a savory small bite. With just 10 minutes of prep and 20 minutes in the oven, these mini quiches bake in half the time of a traditional quiche but are twice as fun to eat.

- 2 eggs, beaten
- ½ cup heavy cream
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ⅛ teaspoon nutmeg
- 1 teaspoon fresh oregano
- ⅔ cup zucchini, finely diced
- ¼ cup sun-dried tomatoes, finely diced (drained if packed in water or oil)
- 1 small onion (approx. 2 ounces), finely diced
- ¼ teaspoon garlic, minced
- 2 packages (15 count, each) Athens® Phyllo Shells
- ⅓ cup Gruyere or Swiss cheese, shredded

DIRECTIONS:

Preheat oven to 350°F. In a medium bowl, whisk together eggs, heavy cream, salt, pepper, nutmeg and oregano. Mix in zucchini, sun-dried tomatoes, onion and garlic. Place ½ teaspoon of cheese in each shell. Place on baking sheet and spoon the egg mixture on top of cheese. Bake promptly 15-20 minutes or until the egg filling is set with an internal temperature of 165°F. Serve warm.

In order to prevent shells becoming soft, it is important to bake quiches as soon as they are filled.

For extra stability, place empty shells in a mini muffin tin, fill and bake.





Vegan Cardamom Plum Pie

Non-dairy desserts that actually taste great can be hard to come by. Thankfully, this plum pie delivers big on fruit and flavor. To really make the vegans in your life swoon, serve with a coconut milk-based non-dairy ice cream. You can thank us later. Recipe by Ciarra of [Peanut Butter Plus Chocolate blog](#).

- **6 sheets** Athens® Phyllo Dough (9"x14"), thawed
- **8** black plums, sliced and pits removed
- **¼ cup** granulated sugar
- **3 tablespoons** lemon juice
- **½ teaspoon** cardamom
- **¼ teaspoon** cinnamon
- **¼ cup** dairy-free butter, melted

DIRECTIONS:

Thaw one roll of phyllo dough, following thawing instructions on package. Preheat oven to 350°F and prepare a pie pan with cooking spray. In a large bowl, gently stir together the plums, sugar, lemon juice, cardamom and cinnamon and then set aside.

Unroll and cover phyllo with plastic wrap and then a slightly damp towel to prevent drying out. Lay 1 sheet into the pie pan leaving an overhang. Brush the sheet with butter until completely coated. Lay another sheet going in the opposite direction and brush with butter. Repeat this until you have used 6 sheets.

Arrange the plums into the pie crust. Do not pour the remaining juice in. Roll up the phyllo dough overhang to make the crust edge. Brush the crust with more butter if it starts to feel too dry. Reroll unused sheets and follow storing instructions on package. Bake the pie for 20 minutes. Remove and cover the pie with aluminum foil to keep the edges from burning. Return it to the oven for an additional 15-20 minutes. The pie is done when the plum juices have released and you can hear them bubbling. Serve.





Appa and Snacks



Kalamata Feta Shells

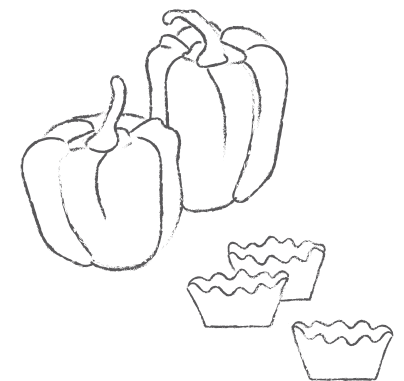
Whether you're headed to a backyard hangout or a more sophisticated get-together, these little apps travel well and fit a wide range of menus. For best results, make the olive and feta mixture in advance, and then fill the shells when you reach your destination.

- **1/3 cup** red bell pepper, finely diced
- **2 tablespoons** parsley, chopped
- **3 tablespoons** kalamata olives, coarsely chopped
- **3 tablespoons** crumbled feta cheese
- **1 tablespoon** extra virgin olive oil
- **2 teaspoons** lemon juice
- **1/4 teaspoon** oregano
- **1/8 teaspoon** red chili flakes
- Salt and pepper, to taste
- **1 package** (15 count) Athens® Phyllo Shells

DIRECTIONS:

In a small bowl, combine red bell pepper, parsley, olives and feta cheese. Drizzle with oil, lemon juice, oregano, red chili flakes, salt and pepper. Mix lightly. Chill for 1 hour. Spoon 1 rounded teaspoon of filling into each phyllo shell. Serve.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.



Curried Chickpea Salad Mini Phyllo Cups

Maple syrup and curry powder may sound like an unusual combo, but the complex sweetness of maple complements the earthy spice surprisingly well. Meanwhile, bell peppers, parsley and lemon bring the brightness and zip to this anytime snack.

- **1 cup** canned chickpeas, drained and rinsed
- **¼ cup** red (or green) bell peppers, finely diced
- **¼ cup** carrots, shredded
- **¼ cup** scallions, finely chopped
- **1 tablespoon** fresh flat-leaf parsley, finely chopped
- **2 tablespoons** fresh lemon juice
- **1 tablespoon** olive oil
- **½ tablespoon** maple syrup
- **½ teaspoon** curry powder
- Salt and pepper to taste
- **1 cup** baby spinach leaves, chopped (plus additional leaves for garnish)
- **2 packages** (15 count, each) Athens® Phyllo Shells

DIRECTIONS:

In a medium bowl, combine the chickpeas, bell peppers, carrots, scallions, and parsley. In a small bowl, whisk together lemon juice, oil, maple syrup and curry powder.

Drizzle dressing over chickpea mixture and toss to coat evenly. Season with salt and freshly ground black pepper. Set aside.

Place about ½ tablespoon of baby spinach into each shell. Top with 1 tablespoon of the chickpea filling. Serve immediately.

Tips: For optional garnish, place one small spinach leaf in each shell so that part of the leaf is visible after filling.

For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.





Burrata Roasted Red Pepper Phyllo Cups

Burrata originates from the centuries-old farms in Puglia, a region of Southern Italy. To our delight, this creamy cheese has found widespread global appeal in recent years — meaning you can find it in most large supermarkets. Recipe by Aleka of [Bite Sized Kitchen blog](#).

- **8 ounces** roasted red peppers, jarred
- **2 ounces** burrata cheese
- **¼ teaspoon** salt
- **1 package** (15 count) Athens® Phyllo Shells
- **5 large** basil leaves, chopped
- **2 tablespoons** balsamic glaze, for drizzling (optional)

DIRECTIONS:

Drain roasted red peppers and finely chop.

Chop burrata balls (including outside). In a small bowl, mix together burrata and salt.

Fill each phyllo shell full of chopped peppers. Add a dollop, about 1 teaspoon, of burrata to the top of each cup. Garnish with freshly chopped basil leaves and drizzle with balsamic glaze. Serve.

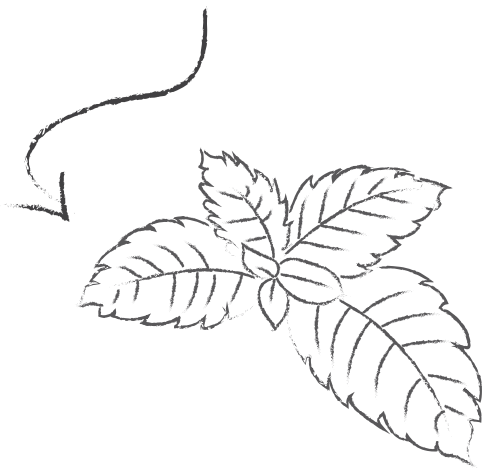
Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

sun-dried tomatoes work too!

Watermelon & Feta Phyllo Cups

Sweet, salty, and refreshing on a hot summer day. A ripe watermelon is key to making this easy appetizer sing. Look for a melon that's got a butter yellow splotch on one side — this is where the fruit has been allowed to rest on the ground and ripen on the vine.

- **4 slices** seedless watermelon, each ½ inch thick
- **2 packages** (15 count, each) Athens® Phyllo Shells
- **1 cup** feta cheese, crumbled
- **3 tablespoons** balsamic reduction
- Small mint leaves for garnish



DIRECTIONS:

Cut watermelon into ½" cubes. Sprinkle some of the feta in each shell. Place 1 watermelon cube in each. Sprinkle with remaining feta crumbles. Drizzle with balsamic reduction and garnish with mint leaves.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.





For the wow effect, the cucumbers can be cut into flower or heart shapes using mini cookie/vegetable cutters, which can be found in most craft and bakery supply stores.

Classic Shower Trio

If you're looking for simple bridal or baby shower menu ideas, it doesn't get much easier than this trio of chicken salad, egg salad and cucumbers with cream cheese. The trick to making it look elegant is all in the garnish. A sprinkle of paprika, a touch of dill, or a sliver of grape tomato are all you need to make these shells look amazing.

- **3 packages** (15 count, each) Athens® Phyllo Shells
- **15** assorted small spring mix lettuce leaves
- **4 ounces** chicken salad, favorite store-bought (i.e., cranberry almond chicken salad)
- **15** grape tomatoes, or very small cherry tomatoes
- **4 ounces** egg salad, favorite store-bought
- **2 sprigs** oregano, for garnish
- **1/8 teaspoon** paprika, for garnish
- **1/2** seedless cucumber
- **4 ounces** Philadelphia® Chive & Onion Cream Cheese Spread
- **15 small** dill leaves, for garnish

DIRECTIONS:

For chicken salad phyllo shells:

Place 1 lettuce leaf in each of 15 shells, so that some of leaf is visible after shell is filled. Spoon 1 heaping teaspoon of chicken salad on top of the lettuce leaf.

For egg salad phyllo shells:

With stem-end down, make a vertical cut in the tomato, cutting almost to the bottom. Turn tomato a quarter turn and make another cut almost to the bottom so you have made an "X" shape. Gently pull the tomato open and place 1 tomato in each of 15 phyllo shells. Spoon or pipe egg salad inside each tomato. Garnish with oregano leaves and sprinkle lightly with paprika.

For cucumber phyllo shells:

Cut cucumber in half. Place other half in refrigerator for another use. Peel the cucumber half. Slice part of the cucumber into 15 - 1/4" slices. Finely dice the remaining. Sprinkle 1/4 teaspoon of diced cucumbers in each of the 15 shells. Pipe or spoon 1 heaping teaspoon of cream cheese spread on top of the diced cucumbers. Garnish with a cucumber slice and a dill leaf.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

Tequila Lime Shrimp Phyllo Cups

Smoked paprika and cumin add a fresh-off-the-barbecue flavor to these shrimp cups, while a zippy hit of lime and a splash of tequila keep things bright. Recipe by Brandy O'Neill of [Nutmeg Nanny blog](#).

- **30 medium** shrimp, peeled and deveined
- **¼ teaspoon** cumin
- **¼ teaspoon** smoked paprika
- **¼ teaspoon** crushed red pepper
- Kosher salt and pepper, to taste
- **¼ cup** tequila
- **1 ½** limes, zested and juiced, divided
- **¼ cup** cilantro, minced
- **4 ounces** sour cream
- **2 teaspoons** cilantro, chopped
- **2 packages** (15 count, each) Athens® Phyllo Shells
- Microgreens

DIRECTIONS:

In a medium-sized bowl, add shrimp and toss with cumin, smoked paprika, crushed red pepper, kosher salt and pepper.

In a large pan over medium-high heat, add shrimp, tequila and half of lime juice. Cook until the shrimp is fully cooked and pink in color, remove from the heat. Toss with minced cilantro.

In a small bowl, whisk the sour cream, lime zest, remaining lime juice and cilantro together.

Fill the bottom of each phyllo shell with sour cream mixture, top with microgreens and place a warm shrimp on top. Serve immediately.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

Not a fan of cilantro?
Try parsley!





Mains and Sides



Salad with Phyllo Shards

Croutons are so last year. Say goodbye to those cardboard-like cubes and hello to golden, flaky shards of phyllo. Your salad greens and your tastebuds will thank you.

- **2 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- Cooking spray
- Garlic & herb seasoning, to taste
- Bagged salad kit of your choice

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 350°F.

Place 1 sheet of phyllo dough on clean work surface. Use cooking spray to lightly coat the sheet. Sprinkle top with garlic & herb seasoning. Layer with second sheet of phyllo and repeat the same process. Reroll unused sheets and follow storing instructions on package.

Bake for 5 minutes or until phyllo is golden brown. Break the phyllo sheets into shards by gently hitting them with the back of a spoon until they break apart.

Tip: So you'll always have some shards ready to sprinkle on your salads, make a big batch using the whole roll of phyllo dough. Store in an airtight container or resealable bag at room temperature for up to 2 weeks.

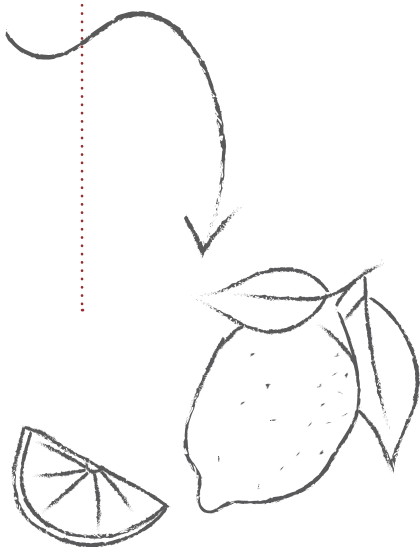


Add as topping to your favorite bagged salad kit.

Phyllo Chicken Tostada

For a weeknight meal that's high in protein and huge on flavor, make these chicken tostadas. Baked phyllo lightens up the traditional deep-fried tortilla, while black beans sneak in extra nutrients like fiber and folate.

- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **2 tablespoons** butter
- **¼ cup** plus 2 tablespoons extra virgin olive oil
- **1 pound** (about 2 cups) cooked chicken, shredded
- **¼ cup** freshly squeezed lime (or lemon) juice
- **2 tablespoons** fresh cilantro (or parsley), finely chopped
- Salt and pepper to taste
- **1 cup** black beans, cooked
- **¼ cup** green onions, thinly sliced



DIRECTIONS:

Thaw one roll of phyllo dough, following thawing instructions on package. Preheat oven to 350°F.

Unroll and cover phyllo with plastic wrap and then a slightly damp towel to prevent drying out. In a small bowl, melt 2 tablespoons butter with 2 tablespoons oil. Layer 5 phyllo sheets, brushing each with the butter-oil mixture. Cut two, 7-inch circles from phyllo stack. Place on lightly buttered baking tray. Repeat process 3 times to make a total of 8 tostada bases. Bake for about 10 to 15 minutes or until golden brown. Let cool.

In a medium bowl, combine chicken, lime juice, ¼ cup oil, cilantro, salt and pepper. Spread the beans evenly on each tostada base. Top each with about ½ cup of chicken mixture. Sprinkle with green onion and serve.



*A rotisserie
chicken is
perfect here!*

*
To make sure your phyllo cooks to its crispiest potential, drain excess liquid from spinach before spooning on phyllo.



Atlantic Cod in Fish Net

We're looking forward to a day where we can break out the nice plates and gather again in the dining room. For our first dinner party in a post-pandemic world, we're making these cod fillets encased in a delicate phyllo fish net. Not feeling fancy? Don't worry. This recipe pairs just as well with stretchy pants and patio seating.

- **24 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **2 fillets** Atlantic Cod, skinless & boneless (approximately 4-5 ounces each)
- **½ teaspoon** lemon pepper seasoning
- **3 tablespoons** butter, divided
- **2** green onions, chopped
- **6 ounces** baby spinach
- **½ teaspoon** lemon juice
- **¼ teaspoon** sea salt
- Lemon zest, from 2 lemons
- **1 teaspoon** black pepper
- **2 tablespoons** breadcrumbs
- Cooking spray

DIRECTIONS:

Thaw two rolls of phyllo, following thawing instructions on package. Preheat oven to 350°F.

Season fillets with lemon pepper and set aside.

Heat 2 tablespoons butter in a medium pan. Add green onions and spinach, sautéing until spinach just starts to wilt. Sprinkle with lemon juice and sea salt. Remove from heat.

In a small bowl combine lemon zest, black pepper and bread crumbs.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface, lightly spray with cooking spray. Sprinkle lightly with some of the bread crumb mixture. Carefully lift 2 corners of the long side of phyllo and fold in half lengthwise so your phyllo is now 4 ½ x 14". Spray lightly with oil and fold lengthwise again. Spray with oil and fold one more time so you now have a strip approximately 1" x 14". Place the strip under plastic wrap to keep it from drying out and continue folding the remaining sheets of phyllo in the same manner. You will use 12 strips per entrée. On the work surface, lay 6 strips side by side vertically approximately ¼" from each other.

Weave the other 6 strips horizontally across them alternating over and under the vertical strips. Drain any excess liquid from spinach and spoon half of the spinach mixture onto the center of the phyllo. Place 1 fish fillet on top. Fish shape and size varies so trim excess phyllo with a knife leaving just enough to fold up and over the fish forming a "net" around the fish. Repeat process with second fish fillet. Place on baking sheet, seam side down, at least 1 inch apart. Melt remaining butter and brush over phyllo. Bake for 20-25 minutes or until golden brown.

Classic Spanakopita

(Spinach & Cheese Pie)

Call us biased, but in our minds, spanakopita is a perfect food. It has just enough cheese to feel indulgent, enough spinach to make us feel we're being halfway healthy, and a phyllo wrapper that's all buttery, flaky bliss. This is a recipe we'll come back to again and again and again.

- **24 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **¾ cup** olive oil
- **1 stick** unsalted butter, melted
- **3 large** green onions, green and white parts, sliced
- **1 large** leek, chopped
- **½ cup** fresh dill, chopped
- **1 pound** baby spinach, coarsely chopped
- **1 tablespoon** garlic, minced
- **4 large** eggs, lightly beaten
- **⅛ teaspoon** lemon juice
- **15 ounces** whole milk ricotta cheese, drained
- **16 ounces** feta cheese
- **¾ teaspoon** salt
- **½ teaspoon** black pepper

DIRECTIONS:

Thaw two rolls of phyllo, following thawing instructions on the package. Preheat oven to 350°F.

In a small bowl, whisk together olive oil and melted butter. Heat ¼ cup of the oil mixture in a large sauté pan. Add green onions, leeks, and dill cooking over medium-high heat until soft and almost transparent. Add spinach a bit at a time as you cook it down, approximately 3 minutes. Mix in garlic and cook for an additional minute. Remove from heat and drain off excess liquid and set aside to cool.

In a large bowl, mix together eggs, lemon juice, ricotta cheese, feta cheese, salt and pepper. Fold into spinach mixture.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Lay 1 sheet of phyllo on a work surface. Lightly brush with the olive oil mixture and cover with another sheet of phyllo. Continue until you have a stack of 12 phyllo sheets total. Make a separate, second stack of 12 sheets by repeating the same process.

Place 1 phyllo stack in a 9" x 13" baking dish. Spread spinach mixture evenly over the phyllo. Gently place the second stack of phyllo on top of spinach mixture, tucking phyllo down around the perimeter. Brush well with the remaining oil mixture. With a sharp knife, cut the spanakopita into 12 squares. Reroll unused sheets and follow storing instructions on package.

Bake for 65 minutes or until golden brown. Let sit for 20 minutes before serving.



For a twist on tradition, sprinkle some everything bagel seasoning on the top layer of phyllo.



BBQ Pulled Pork and Peach Pizza

Meet your next obsession. If you haven't tried this flavor combination, you've been missing out and you'll thank us for sharing it with you.

- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **1 large** egg white
- **3 tablespoons** olive oil, divided
- **1 ½ tablespoons** water
- **1 ½ tablespoons** parmesan cheese
- **1 ½ teaspoons** crushed red pepper flakes (optional)
- **1 teaspoon** garlic powder
- Cooking spray
- **¼ cup** BBQ sauce
- **1 cup** mozzarella, shredded
- **1 cup** goat cheese, crumbled
- **1 cup** pulled BBQ pork
- **1 large** fresh peach, peeled and sliced
- **½ cup** red onion, sliced
- **½ cup** fresh basil, chopped

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 350°F.

In a small bowl, whisk together egg white, 2 tablespoons olive oil and water. In a second small bowl, combine parmesan, red pepper flakes and garlic powder.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Spray baking sheet with cooking spray. Place 1 sheet of phyllo on baking sheet. Lightly brush with egg mixture and lightly sprinkle with parmesan mixture. Place a second sheet on top, brush with egg mixture and sprinkle with parmesan mixture. Repeat procedure with remaining sheets, however, brush the top layer with olive oil instead of egg mixture. Bake for 5-8 minutes or until just beginning to brown. Remove from oven.

Drizzle BBQ sauce over top of crust and sprinkle with mozzarella and goat cheese. Spread pork, peach and onion on top. Sprinkle with basil and bake for additional 10-15 minutes or until crust is golden and cheese is melty. Remove from oven and allow to set for 5 minutes. Slice and serve.

Quinoa Tabbouleh Mini Phyllo Tarts

No need to turn on the oven. This hearty salad combines quinoa, fresh herbs, cucumber, tomatoes with a zesty dressing and crunchy phyllo. It's light, bright and perfect for lazy, hazy summer days.

- **1 cup** quinoa, cooked
- **2 tablespoons** parsley, chopped
- **1 tablespoon** mint, chopped
- **½ cup** cucumber, 1/4" diced
- **½ cup** heirloom tomato, 1/4" diced
- **½ lemon**, juice and zest
- **¼ cup** Italian dressing
- Salt and pepper, to taste
- **2 packages** (15 count, each) Athens® Phyllo Shells

DIRECTIONS:

In a medium mixing bowl, combine all ingredients except the phyllo shells. Allow to set for at least 15 minutes. Spoon filling into each shell. Serve.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

*Vegan
friendly!*





Red White & Blue Spinach Arugula Salad Cups

Don't sleep on this dressing. Our vinaigrette takes its cues from classic Italian agrodolce, aka a sour-sweet condiment that's good on basically everything. We find the puckery vinegar and sweet honey help marry the berries, red onion and goat cheese for a salad that's *chef's kiss* perfecto.

- **12 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- Cooking spray
- **1/3 cup** parmesan or other hard cheese, grated
- **3 tablespoons** fresh thyme leaves
- **5 cups** baby spinach & arugula mix
- **1/2 cup** red onion, thinly sliced
- **1/4 cup** red wine vinegar
- **1 1/2 tablespoons** honey
- **1/2 teaspoon** dry mustard
- **1/2 cup** extra virgin olive oil
- **1/2 cup** blueberries
- **8** strawberries, sliced
- **4 ounces** honey goat cheese, crumbled or sliced

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

Unroll and remove 12 sheets of phyllo placing them on a cutting board. Using a pizza cutter or sharp knife, cut the stack in half widthwise to create 2 rectangles 7" x 9". Cover with plastic wrap and then a slightly damp towel to prevent drying out. Reroll unused phyllo sheets and follow storing instructions on package. Place 1 sheet of phyllo on work surface and lightly spray with cooking spray. Sprinkle with a pinch of parmesan and a pinch of thyme. Lay a second sheet of phyllo across the first, making a plus sign. Lightly spray and sprinkle with parmesan and thyme. Lay a third sheet diagonally across, spray and sprinkle with parmesan and thyme. Lay fourth sheet diagonally opposite, spray and sprinkle with parmesan and thyme. The phyllo should now resemble spokes on a wheel. Repeat process with remaining phyllo yielding 6 stacks of 4 sheets each.

Gently press phyllo stacks into the pre-oiled wells of a large muffin pan. Bake for 5-10 minutes or until golden brown. Cool in pan, then remove.

Toss together spinach, arugula and red onions and fill each phyllo bowl. In a medium bowl, whisk vinegar, honey, mustard and extra virgin olive oil to make a vinaigrette dressing. Drizzle with dressing. Top with blueberries, strawberries and goat cheese. Serve.





How To

Phyllo Pizza Crust

Give your pizza crust a light, flaky twist. Swap your standard dough for crunchy phyllo and add your favorite toppings.

- **16 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **½ cup** roasted garlic puree (optional)
- **⅓ cup** olive oil
- **1 cup** cheese, shredded

*top with your
favorite ingredients*

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package.

In a small bowl, mash or puree the roasted garlic into a paste. Thin down the garlic paste with 1 tablespoon of olive oil.

Preheat the oven to 350°F. On a sheet of parchment paper, place 1 sheet of phyllo and brush with a thin layer of olive oil. Lay another sheet over to create a plus sign. Repeat twice more laying the sheets diagonally to form an "X" over the plus sign. Repeat to form a round crust that is 8 sheets thick.

Leaving at least the outer 2 inches of the dough uncovered, work quickly to spread a thin layer of olive oil or garlic puree in the center of the crust. Spread ½ cup of cheese in a ring around the oil or garlic puree. Roll the phyllo around the cheese to form an 8-inch "stuffed crust." Brush the crust with olive oil.

Using the parchment paper for support, transfer the pizza crust onto a preheated baking sheet or pizza stone. Repeat to make a second pizza crust. Bake 4-5 minutes or until crust starts to brown. Reroll unused sheets and follow storing instructions on package.

Top the center of the pizza with your favorite toppings. Fresh basil and ricotta cheese are shown.

Return pizzas to oven and bake for additional 8 minutes or until the crust is browned evenly. Cut each pizza into 4 slices. Serve immediately.





Desserts



Vegan Pineapple Phyllo Fans with Tropical Rum Sauce

A little booze and a lot of coconut take these phyllo fans straight to the tropics. If you like piña colodas — and getting caught in the rain — you'll adore this summer dessert and impress your friends!

- **15 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **1 can** (14 ounce) coconut cream
- **1/3 cup** mango nectar
- **1/3 cup** rum
- **1/2 cup** plus 2 tablespoons light brown sugar, divided
- **6 tablespoons** coconut oil, melted, divided
- **1 1/2 teaspoons** ground cinnamon
- **1/2 teaspoon** ground nutmeg
- **1** fresh pineapple, sliced in 1/4" rings
- **3/4 cup** raspberries or diced ripe mango
- Unsweetened coconut, toasted, for garnish

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

In a medium saucepan combine coconut cream, mango nectar, rum and 1/2 cup brown sugar. Over medium heat, whisk until smooth and cook 12-15 minutes or until it starts to thicken. Remove from heat and bring to room temperature. It will continue to thicken as it cools. Once at room temperature, cover and store sauce in refrigerator.

In a small bowl combine 2 tablespoons brown sugar, cinnamon and nutmeg. Unroll and remove 15 sheets of phyllo, placing them on work surface. Cover with plastic wrap and then a slightly damp towel to prevent drying out. Reroll unused phyllo sheets and follow storing instructions on package. Place 1 sheet of phyllo on work surface and lightly brush with coconut oil. Sprinkle with 1/4 teaspoon sugar mixture. Layer with 4 more phyllo sheets brushing each with oil and sprinkling with sugar mixture. Repeat procedure to make 2 more stacks of 5 sheets.

Starting at a short end, fold 1 stack of phyllo like a paper fan with 1/2"- 3/4" folds. Pinch in the center so it resembles a bow tie. Lay on baking sheet. (Be sure to cover the remaining stacks with plastic wrap as you work.) Repeat process with second stack of phyllo. Cut third stack of phyllo in half horizontally. Fold each half as above making 2 smaller bow ties, place on baking sheet.

Bake for 12-15 minutes or until golden brown. While still warm, cut each "bow tie" apart at center, creating a total of 4 large fans and 4 small fans.



Pineapple slices and mango are also great grilled instead of sautéed.

In a large sauté pan, melt 3 tablespoons coconut oil. Add pineapple slices and mango (if using). Do not sauté raspberries. Sprinkle with remaining sugar mixture and sauté 1-2 minutes on each side. Cut pineapple into 1-inch pieces. Place warmed fruit over a large size phyllo fan. Garnish with raspberries (if using), coconut flakes and small phyllo fans. Drizzle with tropical rum sauce and serve.

If vanilla bean paste is not available, substitute one teaspoon pure vanilla extract.

Lemon Meringue Mini Pies

It's like your grandma's lemon meringue, if your grandma actually made lemon meringue pie. This diner favorite gets the phyllo shell special treatment, meaning it's tastier, tinier and punched up with plenty of lemon zest. Recipe by Bernice of [Baran Bakery blog](#).

- **1** lemon (zest and $\frac{1}{4}$ cup of juice)
- **1 cup** granulated sugar, divided
- **2 large** egg yolks
- **1 tablespoon** cornstarch
- $\frac{1}{4}$ **teaspoon** salt, divided
- **2 tablespoons** unsalted butter
- **2** egg whites
- $\frac{1}{2}$ **cup** water
- **1 teaspoon** vanilla bean paste
- **1 package** (15 count) Athens® Phyllo Shells, Graham Cracker Phyllo Shells* or Chocolate Phyllo Shells*

*Seasonally available

DIRECTIONS:

Preheat oven to 425°F.

Use a carrot peeler to peel lemon zest (like you would a carrot) and place inside a food processor with a $\frac{1}{2}$ cup sugar. Pulse until lemon peel is shredded and combined with sugar. Add egg yolks, lemon juice, cornstarch and salt to food processor. Pulse until fully combined.

Pour mixture into a small saucepan and cook for about 10 minutes over medium-low heat, until thickened. You want it thick enough to coat the back of a spoon. Remove from heat and whisk in butter. Pour through a sieve into another bowl to get rid of any lumps.

While the curd cools a little, place egg whites and $\frac{1}{2}$ cup sugar in the bowl of a stand mixer. Heat $\frac{1}{2}$ cup water in a small saucepan over low heat. Place the bowl of egg whites and sugar on top of the pan of simmering water and cook for about five minutes, whisking constantly, until egg whites are frothy and sugar is completely dissolved.

Remove from heat and whip with whisk attachment on medium-high speed until stiff peaks form, adding vanilla bean paste and salt right at the end. Place a dollop of lemon curd in the shells and then pipe some vanilla meringue on top.

Use a kitchen torch to toast the meringue, or place them back in the oven at 425°F for 2 minutes, until meringue is toasted. Best served after refrigerating for 1-2 hours.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

Strawberry Phyllo Tart

Having people over? You can make all the components of this strawberry tart ahead of time. Bake your phyllo, slice your strawberries, and mix up the mascarpone filling ... but wait to assemble until just before dessert. Recipe by Gavin & Karen from [Couple in the Kitchen blog](#).

- **6 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- Cooking spray
- **6 tablespoons** butter, melted
- **8 ounces** mascarpone cheese
- **1 tablespoon** chopped pistachios
- **1 tablespoon** granulated sugar
- Pinch of salt
- **¼ teaspoon** vanilla extract
- **1 tablespoon** honey
- **2 tablespoons** half-and-half
- **12-15** strawberries, sliced
- Additional chopped pistachios, for garnish

DIRECTIONS:

Thaw one roll of phyllo dough, following thawing instructions on package. Preheat oven to 375°F.

Unroll and cover phyllo with plastic wrap and then a slightly damp towel to prevent drying out. Spray 2 baking sheets with cooking spray. Place 6 phyllo sheets on a work surface and cut into 8 equal pieces. Take 1 piece of phyllo and place it on the baking sheet. Using a pastry brush, gently brush the melted butter on one side. Top it with another piece of phyllo. Repeat this process until 8 pieces are 6 layers thick. Reroll unused sheets and follow storing instructions on package. Bake the phyllo crusts for 8-12 minutes, until puffed up and golden brown. Let the phyllo cool while you prepare the mascarpone.

Mix together the mascarpone cheese, chopped pistachios, sugar, salt, vanilla, honey, and the half-and-half. Use a spatula to gently spread the mascarpone mixture on the phyllo dough tart crust. Top the tarts with fresh sliced strawberries and sprinkle them with additional chopped pistachios. Serve immediately.



*Cinnamon and nutmeg
are good alternatives
to cardamom if preferred*

Peach and Cardamom Turnovers

Cardamom is cinnamon's much more sophisticated cousin.

Warming, aromatic and slightly floral, this spice brings out the best in peak-summer peaches.

- **12 sheets** Athens® Phyllo Dough (9"x 14"), thawed
- **½ teaspoon** cardamom, ground
- **5 tablespoons** sugar, divided
- **1 ½ tablespoons** all-purpose flour
- Pinch salt
- **8 ounces** fresh ripe peaches, peeled or frozen, thawed, diced ¼" – ½"
- Cooking spray
- **1** egg yolk
- **½ tablespoon** water

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F. In a medium bowl, whisk together cardamom, 3 tablespoons sugar, flour and salt. Add peaches and combine.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface and lightly coat with cooking spray. Repeat with 2 more sheets of phyllo, but do not spray the top layer of phyllo. Cut layered phyllo into thirds lengthwise. Place 1 tablespoon of filling about 1 inch from corner of each strip. Fold 1 corner of phyllo diagonally across to opposite edge to form a triangle. Continue to fold triangle onto itself. Repeat with remaining phyllo and place triangles on baking sheet. Reroll unused sheets and follow storing instructions on package.

In a small bowl, whisk together egg yolk and water to form an egg wash. Lightly brush triangles with egg wash and sprinkle with remaining sugar.

Bake for 15 minutes or until golden brown. Serve.

Turnovers can be wrapped in plastic and frozen prior to baking.

** Bake as instructed without defrosting.*

Carrot Cake Baklava

We love carrot cake. We love baklava. And it turns out, we love carrot cake baklava. It doesn't get much better than this combo of spices, nuts, and syrup-soaked layers. Recipe by Bernice of [Baran Bakery blog](#).

- **36 sheets** Athens Phyllo® Dough (9" x 14"), thawed
- **1 ½ cups** granulated sugar, divided
- **1 cup** water
- **1 cup** maple syrup
- **1 cup** shredded carrots (about 2 large carrots)
- **1 ½ cups** pecans
- **1 ½ cups** walnuts
- **1 tablespoon** cinnamon
- **½ teaspoon** nutmeg
- **¼ teaspoon** salt
- **1 cup** unsalted butter, melted

DIRECTIONS:

Thaw two rolls of phyllo, following thawing instructions on package. Preheat oven to 350°F.

To make the syrup, combine 1 cup sugar, water and maple syrup in a medium saucepan over medium heat and bring the mixture to a boil. Reduce the heat to low and allow it to simmer for 10 minutes. Remove the syrup from the heat and allow it to cool completely to room temperature.

To make the carrot cake filling, use a small size grater to grate 2 large carrots, set aside. Place the pecans, walnuts, cinnamon, nutmeg and salt in a food processor and pulse until they're ground. Add the nut mixture and the remaining ½ cup sugar to the bowl with the carrots and toss until they're evenly distributed.

Butter a 9" x 13" x 2" pan. Unroll phyllo sheets on a flat work surface. Trim them to be the exact size of your pan. Cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out.

Take 1 sheet of phyllo dough and place it in the prepared pan, pressing it against the edge of the pan. Lightly brush the sheet with melted butter and repeat with 11 more sheets of phyllo dough, creating a total of 12 sheets. Reroll unused sheets and follow storing instructions on package.

Evenly spread ⅓ of the carrot cake filling on top of the phyllo dough sheets and then repeat the layering process, this time using only 6 phyllo dough sheets.

Top with another ⅓ of the carrot cake filling and repeat the layering of 6 phyllo dough sheets on top.

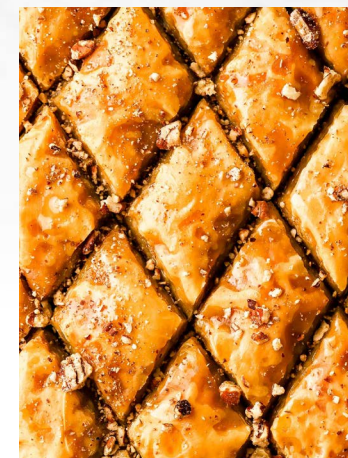


Top with the last ⅓ of the carrot cake filling and repeat the layering of 12 phyllo dough sheets. Make sure to butter the top layer too.

Use a large serrated knife to slice the baklava into 24 diagonal slices (diamonds) and bake for 45 minutes, until the phyllo is golden brown.

Remove the baklava from the oven and while it's still hot, pour the cooled syrup on top, making sure to evenly coat each slice. Top with some extra chopped nuts.

Allow the baklava to cool for 3-4 hours, or overnight, at room temperature before serving.





Put the Lime in the Coconut Mini Tarts

Put the lime in the coconut and shake it all up. Or in this case, whip on medium speed until stiff peaks form. Then transport yourself to the Tropics (or your patio).

- **1 can** (14 ounce) sweetened condensed milk
- **½ cup** lime juice
- **2 teaspoons** unflavored gelatin
- **2 tablespoons** water
- **2 cups** heavy cream
- **¼ cup** sugar
- **4 packages** (15 count, each) Athens® Phyllo Shells, Graham Cracker Phyllo Shells* or Chocolate Phyllo Shells*
- **¼ cup** coconut flakes, toasted
- Lime slices or zest, for garnish (optional)

*Seasonally available

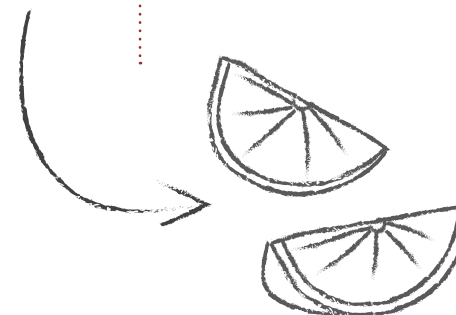
DIRECTIONS:

In a medium bowl, whisk together condensed milk and lime juice and set aside.

Place gelatin in a small microwavable bowl, cover with water and let stand for 2 minutes. Microwave 10 seconds at a time until gelatin is dissolved. Bring the gelatin close to room temperature but do not allow it to set.

In a large chilled bowl, use an electric mixer to whip heavy cream while gradually adding sugar. Add the gelatin mixture and continue to whip until stiff peaks form. Reserve 1 ½ cups whipped cream for topping. Fold remaining whipped cream into milk mixture until smooth. Pipe or spoon filling into phyllo shells. Pipe reserved whipped cream on top and sprinkle with coconut. Garnish with small lime slices or zest. Serve frozen or at room temperature.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.



Milk Pie

From Egyptian tables to your own, this Om Ali (phyllo milk pie) is a traditional recipe passed down through generations. In fact, Om Ali serves as the national dessert of Egypt. Cooks across the globe have reinterpreted this dish and put their own twist on it, just as we've done here. In this total showstopper, luscious cream filling underpins scrunched sheets of phyllo that look beautiful when baked. The best part? Milk pie is sneaky easy to make... and 100% delicious.

- **1 roll** Athens® Phyllo Dough (9" x 14"), thawed
- **¼ cup plus 2 tablespoons** unsalted butter, melted
- **14 ounce** can sweetened condensed milk
- **1 cup** heavy cream
- **¼ teaspoon** ground cinnamon, plus a pinch for garnish
- **⅛ teaspoon** nutmeg
- **½ teaspoon** orange zest
- **1 tablespoon** hazelnuts, chopped, for garnish
- **1 tablespoon** pistachios, chopped, for garnish

DIRECTIONS:

Thaw one roll of phyllo dough, following thawing instructions on package. Adjust oven rack to center and preheat oven to 375°F. Brush a 9" round baking dish lightly with butter.

Unroll and cover phyllo with plastic wrap and then a slightly damp towel to prevent drying out. Place one sheet of phyllo on work surface. With the long side facing you, gather and scrunch it into a loose fan like strip. transfer to one side of baking dish. Repeat with the remaining phyllo sheets, arranging them side by side. Brush the remaining butter over top and in between the scrunched phyllo, making sure all are evenly coated with butter. Bake 20-25 minutes or until golden brown.

Mix sweetened condensed milk, heavy cream, ¼ teaspoon ground cinnamon, nutmeg and orange zest together. Drizzle the surface with the mixture.

Bake for another 5-10 minutes or until the edges start to bubble and the phyllo has soaked in most of the cream mixture.

Sprinkle lightly with a pinch of ground cinnamon, hazelnuts and pistachios. Allow to cool slightly, about 10 minutes, and serve.

** Don't worry about folding the phyllo into perfect pleats or if it tears, it's meant to look messy and voluminous, so that the dish is properly filled.*





PHILLY PHILLY
160 CALORIES
0g SAT FAT
150mg SODIUM
2g TOTAL SUGAR
DELICIOUSLY LIGHT & FLAVORFUL

*Kid
Friendly*

Cheeseball Phyllo Shell Chicks

Could these chicks be any cuter? We think not. For a fun spring activity that you can do together, let your little helpers roll the balls that form these baby chicks' bodies.

- **6 ounces** cream cheese, softened
- **1 cup** sharp cheddar cheese, shredded, divided
- **½ cup** bacon, cooked and crumbled
- **1 tablespoon** ranch salad dressing mix
- **4 ounces** cheddar cheese, thin-sliced
- **30 small** pieces dark walnuts (for eyes)
- **2 packages** (15 count, each) Athens® Phyllo Shells

DIRECTIONS:

In a medium bowl, thoroughly mix together cream cheese, ½ cup shredded cheddar cheese, bacon and dressing mix.

Using either a mini scoop or your hands, roll some of the filling into 15 balls, each approximately 1 inch in diameter. Then, roll the balls in the remaining shredded cheddar cheese. Place each ball into a shell, pressing lightly to slightly flatten the balls. Roll 15 more balls, each approximately ¾ inches in diameter, and then roll in the shredded cheddar. Press these ¾ inch balls on top of the 1-inch balls to form the "heads" and "bodies" of the chicks.

With a sharp knife, cut 30 small triangles from the cheddar slices. Two of these will form the beak for each chick. Gently press into the top cheese ball to form the beak. Press a walnut piece on either side for eyes. Cut 30 elongated ovals from the cheddar to form wings. Press wings gently into the "body." Press a second phyllo shell lightly on top, as if the chick is hatching out of an egg.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.



Broccoli Cheese Phyllo Shells

We firmly believe that the best way to get kids to eat their greens is to smother them in ooey, gooey cheddar cheese. What's not to like?

- **1 ½ cups** chopped broccoli, frozen, thawed
- **1 ¼ cups** cheddar cheese, shredded
- **¼ cup** cream cheese, softened
- **1 large** egg, lightly beaten
- **½ teaspoon** salt
- **½ teaspoon** pepper
- **⅛ teaspoon** dry mustard
- **2 packages** (15 count, each) Athens® Phyllo Shells

DIRECTIONS:

Preheat oven to 350°F. Chop broccoli into ¼" – ½" pieces. In a medium mixing bowl, thoroughly combine the broccoli, cheeses, eggs and seasoning. Spoon filling into each shell. Place filled shells on a baking tray and bake for 15 minutes or until lightly browned. Serve.

*Spice
it up!*

*Mix in 1/4 teaspoon
of red pepper flakes
for an added kick.*

Phyllo Meatballs

Little kids, big kids, and grown-ups alike will fall for these phyllo wrapped meatballs. For maximum deliciousness and dunkability, serve with pizza sauce, barbecue sauce or ranch dressing.

- **12 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **24** pre-cooked meatballs, approximately 1 ½" diameter
- **24 slices** fresh mozzarella, 1 ½" diameter, thick-sliced
- Cooking spray
- **24** bamboo cocktail forks
- **4 ounces** pizza sauce or favorite dip

DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package. Preheat oven to 375°F.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on a cutting board and lightly coat with cooking spray. Repeat with 3 more sheets of phyllo. Do not spray the top sheet. Make 3 more stacks in the same manner. Cut each stack of phyllo in half lengthwise to create two 4 ½" x 14" pieces. Cut each stack into 3" – 4 ½" squares. You should now have 24 squares.

Place a meatball in the center of each square and top each with a slice of mozzarella. Insert a bamboo cocktail fork into each, pushing about halfway through each meatball. Moisten the perimeter of each square with a little water. Fold opposite corners up to meet at the stick. Bring second 2 corners up while folding the dough in (like wrapping the end of a gift). Twist points together and pinch into cocktail fork.

Place upright (fork sticking up) on baking sheet. Lightly coat dough with cooking spray. Re-roll unused phyllo sheets and follow storing instructions on package. Bake appetizers for 15 minutes or until golden brown. Serve warm with pizza sauce or favorite dip.

*Can be formed in advance and frozen in airtight containers.
Do not defrost before baking.*





Ham & Cheese Strudel

If you want to get your teen interested in cooking, start by helping them recreate their frozen food favorites. Here, we took inspiration from a certain “pocket of hotness” to make an anytime strudel that’s fresher and better than its microwaveable counterpart.

- **24 sheets** Athens® Phyllo Dough (9” x 14”), thawed
- Cooking spray
- **8 ounce** Colby cheddar cheese block, cut into 8 long rectangles
- **8 ounces** ham, sliced

DIRECTIONS:

Thaw two rolls of phyllo, following thawing instructions on package. Preheat oven to 375°F.

Unroll and cover phyllo with plastic wrap and then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface and lightly coat with cooking spray. Layer and repeat with 2 more sheets of phyllo.

Place 1 cheese rectangle 2 inches from the long end of the strip. Add about 1 ounce of ham on top of the cheese. Loosely fold short edges over the ham and cheese. Then fold long edge over and roll to the end of the strip. Place on a baking sheet seam side down. Repeat to make 8 strudels. Reroll unused sheets and follow storing instructions on package. Lightly spray the 8 strudels. Bake for 12-15 minutes or until the phyllo is golden brown. Remove from oven. Serve warm.

*Ham + Cheese =
yum!*

Phyllo Cotton Tails

Perfection is not the goal here. Having a great time in the kitchen is. No matter how crooked the tail or messy the sprinkles, these peanut butter treats will still be hoppin' good.

- **¾ cup** creamy peanut butter
- **3 ounces** cream cheese, softened
- **8 ounces** Cool Whip® Lite
- **1 ¼ cups** confectioners sugar
- **½ cup** peanut butter chips, such as Reese's® Peanut Butter Chips
- **¼ cup** white candy melts disks
- **60** small pink candy heart-shaped sprinkles
- **90** round white sprinkles or nonpareils
- **15** mini marshmallows, cut in half horizontally
- **2 packages** (15 count, each) Athens® Phyllo Shells or Chocolate Phyllo Shells*

*Seasonally available

DIRECTIONS:

In a medium mixing bowl, combine peanut butter and cream cheese until light and fluffy with an electric mixer. With the mixer on low speed, alternate adding the Cool Whip and confectioners sugar, finishing with the Cool Whip. Chill mixture while you make the feet.

Melt peanut butter chips and white candy melts, mixing together, in a double boiler. Transfer melted mixture to a squeeze bottle with small round tip. Line a baking sheet with waxed paper. Using the squeeze bottle, draw small ovals, ½" – ¾" long, of melted peanut butter mixture on waxed paper. Working quickly, place 1 heart towards the center of the ovals and place 3 round white sprinkles above the point of the heart near the edge of oval. Make the ovals just a few at a time or they will harden before the sprinkles are put on.

To keep the squeeze bottle from hardening, place the bottle in a small cup of hot water when not in use. Spoon or pipe peanut butter cream mixture into shells to form rear of the "bunny". Gently press a marshmallow half on top, center and slightly insert 2 bunny feet. Serve immediately or freeze and serve frozen.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.



Make your own cinnamon sugar by combining 2 tablespoons sugar with 1/2 teaspoons cinnamon.

Grilled S'mores Turnover

Bring the summer camp vibes home with these grilled s'mores turnovers. The best part? These little triangles go from outdoor grill to table in 3 minutes or less.

- **18 sheets** Athens® Phyllo Dough (9" x 14"), thawed
- **4** honey graham crackers
- **2 tablespoons** cinnamon sugar, divided
- **4 tablespoons** unsalted butter, melted
- **1 cup** marshmallow crème
- **12 snack size** Hershey's® Milk Chocolate Bars

Can be made and frozen in advance.



DIRECTIONS:

Thaw one roll of phyllo, following thawing instructions on package.

Using a food processor, grind graham crackers into crumbs and mix with 1 tablespoon cinnamon sugar.

Unroll and cover phyllo sheets with plastic wrap, then a slightly damp towel to prevent drying out. Place 1 sheet of phyllo on work surface with short side near you. Lightly brush with butter and sprinkle with 1/4 teaspoon graham cracker crumb mixture. Layer and repeat with 2 more sheets of phyllo dough. Cut the dough lengthwise in half resulting in 2 strips each 4 1/2" x 14".

Pipe or spoon 1 heaping tablespoon of marshmallow crème approximately 1 inch from the bottom end of each strip. Break chocolate bar in half and stack the pieces on top of each other, gently pressing down into the middle of the marshmallow crème.

Fold lower corner of each phyllo strip up over marshmallow and chocolate, diagonally across to opposite edge to form a triangle. Continue to fold back and forth onto itself to end of strip, forming a triangle. Lightly brush outside of triangles with butter and sprinkle lightly with graham cracker mixture. Repeat entire process 5 more times to make 12 triangles. Reroll unused sheets and follow storing instructions on package. Place seam side down, at least 1 inch apart, on grill pan or grill basket.

Grill for 3-4 minutes on each side or until melty and golden brown. Grill times vary with type of grill and heat level. These cook very quickly, watch closely to prevent burning. Remove from grill and serve.

Mini Phyllo Flag Tarts

For a festive dessert, make like Betsy Ross and assemble this patriotic flag tart. It's perfect for a Fourth of July celebration.

- **1 ¼ cups** cream cheese, softened
- **1 ¼ cups** sour cream
- **⅔ cup** confectioners sugar
- **1** lemon, zest and juice
- **6-10** strawberries, cut into semi circles
- **27** blueberries
- **4 packages** (15 count, each) Athens® Phyllo Shells

DIRECTIONS:

In a medium mixing bowl, with an electric mixer or whisk, whip cream cheese and sour cream together. Slowly add confectioners sugar until completely incorporated and the mixture is smooth. Add the zest and juice of 1 lemon. Refrigerate for 2 hours or overnight. When ready to assemble, place mixture into a piping or resealable plastic bag.

Arrange 48 shells, 6x8, on a platter. Cut the tip off of the pastry bag and fill each shell just below the rim with the filling. Place 3 blueberries on each of the upper left corner 9 shells, a 3x3 square.

To make the stripes: for each row of shells, alternate placing strawberry semi-circles at the top and bottom of the shells. Repeat this process with the strawberries until you have completed the red and white stripes of the flag.

Best served within 1 ½ hours of assembly.

Tip: For added crispness, preheat oven to 350°F. Place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill. A toaster oven makes this quick & easy.

Use additional strawberries and blueberries to fill 12 remaining phyllo shells from the fourth box and replenish flag as your guests enjoy.



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