


# IT'S ALL GREEK TO ME

TRANSFORM YOUR HEALTH THE MEDITERRANEAN WAY  
WITH MY FAMILY'S CENTURY-OLD RECIPES



"THE AUTHENTIC RECIPES AND  
DELICIOUS PHOTOS SHARE THE SPIRIT  
OF GREECE ON EVERY PAGE.  
IT IS A MUST-HAVE FOR ANY COOK."

—CAT CORA,  
WORLD-RENOWNED CHEF

## DEBBIE MATENOPOULOS

WITH PETER CAPOZZI

FOREWORD BY MICHAEL OZNER, MD





# Horiatki Salata (hor-YIA-tee-kee sah-lah-TAH)

## GREEK VILLAGE SALAD

Unlike many of the Greek salads you find on menus in America, traditional Greek village salads do not contain lettuce. This salad is a staple of nearly every Greek lunch and dinner. Serve it with any of the main dishes in this book for a wholesome, rustic, and traditional supper you and your family will adore.

### SERVES 4 TO 6

- 1 seedless English cucumber, peeled and sliced
- 4 to 5 large ripe tomatoes, sliced into wedges
- 1 large red onion, sliced
- 1 large green bell pepper, sliced
- 1 cup Kalamata olives, plus more to taste
- ¼ pound brine-packed Greek feta cheese, drained and sliced lengthwise
- 2 tablespoons capers, rinsed and drained (optional)
- 1 teaspoon dried Greek oregano
- 2 to 3 tablespoons fresh lemon juice (1 lemon)
- ½ cup extra virgin Greek olive oil
- 1 lemon cut into wedges, to serve with salad
- Sea salt (optional)

Toss the cucumber, tomatoes, onion, bell pepper, and olives together in a large salad bowl, and top with the slice of feta. Crush the oregano in your hand to release its fragrant essential oils, then sprinkle over the salad along with the capers. Drizzle the lemon juice over the salad, followed by the olive oil. Set aside to marinate at room temperature for 20 minutes, or serve immediately with some lemon wedges alongside for added zest. The feta is quite salty, which usually eliminates the need for added salt. Give it a taste just before serving, and sprinkle a pinch of salt over the tomatoes and cucumbers, if desired.



# Spanakopita *(spah-nah-KOH-pee-tah)*

## SPINACH FETA PIE

I love sharing this Greek favorite with my friends. Over the years I have really mastered making an excellent *spanakopita*, and you'd be hard pressed to find someone working in entertainment news in Hollywood who wouldn't agree that it's pretty darn delicious. Still, I readily admit that mine will never be quite as good as my mother's. She has the magic touch. Practice makes perfect, and while Mom's is still the best, yours will be pretty fantastic, too!

### SERVES 8 TO 10

**½ cup extra-virgin olive oil, divided, plus more for baking dish**

**1 bunch scallions, washed and thinly sliced**

**½ large sweet onion, finely chopped**

**2 pounds fresh spinach, coarse stems removed, washed in several changes of cold water, drained and chopped**

**1 pound brine-packed Greek feta**

**1 cup finely chopped dill**

**4 large eggs, beaten**

**¼ teaspoon freshly ground black pepper**

**1 (1-pound) package phyllo dough sheets (13 × 18 inches), thawed**

Preheat oven to 350 degrees. Oil a 9 × 13 inch baking dish.

Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the scallions and the onion, and sauté until translucent, about 5 to 6 minutes. Add the spinach and sauté until just wilted. Remove from heat, let cool slightly, and transfer to a fine mesh strainer. Cool slightly, then squeeze as much excess water as possible from the spinach, and transfer to a large mixing bowl.

Crumble the feta into small pieces and add it to the spinach mixture. Add the dill and mix gently to combine. Add the eggs and pepper. Mix well to combine with impeccably clean hands or a silicone spatula.

Roll the phyllo dough out on a flat surface, working quickly to prevent it from drying out. Place 2 phyllo sheets into the pan at a time, centering them in the pan and letting the edges hang over the sides. Brush the top sheet of each 2-sheet layer with a little of the remaining 6 tablespoons of olive oil, but do not brush the overhanging edges. Continue in this manner until you have used 10 of the phyllo dough sheets. Spread the spinach-feta mixture evenly over the phyllo dough layers in the prepared dish. Fold in the overhanging phyllo dough over the filling, then continue to layer the phyllo dough, brushing each 2-sheet layer with olive oil, until you have



used all of the dough. Trim the top layers of phyllo to fit the pan. Slowly pour the remaining olive oil on top, and spread evenly.

Before baking, using a large knife, very carefully score the *spanakopita* into 8 to 10 pieces, cutting through the top layers just until you reach the filling. Pre-cutting makes it much easier to serve, as the phyllo dough becomes crisp and very fragile after baking.

Bake 50 to 60 minutes, or until the top is golden brown and flaky, watching carefully. Cool for 10 minutes, slice the pre-cut pieces all the way through, and serve.



**DEBBIE'S TIP:** As with most of the phyllo pies, *spanakopita* can be made with either melted butter or extra-virgin olive oil. I find the olive oil version to be a lighter, more healthful dish, but I also love to indulge in Mom's decadent, traditional version once in a while, too. To make it Mom's way, replace the olive oil used to brush the phyllo with 6 tablespoons of melted butter, add an extra egg, and use 1½ pounds of feta. It's over-the-top delicious!

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