

# Swiss Chard and Feta Phyllo Purses

Yield: 17 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-phyllodough-recipe>

## Ingredients:

- 1 pound Swiss chard tough stems removed, roughly sliced
- 1 tablespoon extra virgin olive oil
- 1/2 small onion finely chopped
- 5 spring onions large, finely sliced
- 4 garlic cloves finely minced
- 7 ounces crumbled feta cheese
- 1 tablespoon freshly squeezed lemon juice
- 1/8 teaspoon freshly grated nutmeg
- 2 pinches cayenne pepper
- kosher salt
- 1 package phyllo pastry or specifically, 10, 18 x 13 inch frozen, sheets, thawed
- 1/2 cup clarified butter or ghee

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 6 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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