**HUMMUS**

**Ingredients**

1 can chickpeas (14 fl oz; drained and rinsed)

2 T lemon juice

2 T olive oil

1 garlic clove, minced

½ tsp cumin

½ tsp ground coriander

1/8 tsp cayenne

½ tsp black pepper

**Directions**

* Put all into a food processor, and puree until you get a paste of the desired consistency
* Serve with pita chips, see recipe below

**Seasoned Baked Pita Chips**

**Ingredients**

* 2 pitas
* Baking spray to coat
* Pinch of cumin
* Pinch of garlic powder
* Pinch of onion powder
* Pinch of cayenne pepper
* Pinch of salt

**Directions**

* Preheat oven to 350 degrees
* Cut pitas into 6 wedges, open and separate each wedge so you have 24 pieces
* Coat lightly with baking spray
* Sprinkle with seasonings and bake for about 7 – 10 minutes OR until lightly golden brown and crisp
* Serve with hummus

**Spanikopita**

**Ingredients:**

* 1 T. olive oil
* 3 T butter
* ½ box (10oz) frozen chopped spinach, thawed
* ¼ cup feta, crumbled
* Pinch of nutmeg
* Dash of salt
* 2 sheets phyllo dough

**DIRECTIONS:**

* Preheat oven to 375
* Put oil into SKILLET and sauté spinach until soft, about 5 minutes.
* Put the spinach in a colander over sink and press out excess liquid with a large spoon. Let cool.
* In a large bowl, mix cooled spinach, feta and nutmeg.
* Add salt to taste.
* Melt butter.
* Unroll the sheets of phyllo dough and cover with a damp towel. This will prevent the phyllo from drying out while you work.
* Take 1 phyllo sheet out from under the towel and set it in front of you so the longest side is parallel to you. Brush the dough with melted butter. Lay another sheet on top and brush this one with butter as well. With a pizza wheel or knife cut phyllo into 5 to 6 strips, crosswise.
* In the corner of one strip, put a heaping teaspoon of spinach. Fold the dough over the filling at an angle so it forms a triangle. Keep folding over the triangle shape (like folding up a flag) until you reach the end of the strip.
* Put the triangle on a cookie sheet, with the flap facing down. Brush the top with butter.
* Bake triangles until browned, approximately 25-30 minutes. Serve warm or at room temperature.

**[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles1.htm)[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles5.htm)[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles6.htm)[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles7.htm)[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles9.htm)[](http://greekfood.about.com/od/makephyllosweetsavory/ig/Folding-Triangles/Triangles10.htm)**

**Pita Bread**

**Ingredients**

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* 1 ¼ tsp yeast
* 1 tsp salt
* 1 ½ tsp sugar
* 2 cups flour
* ¾ cup warm water
* 1 ½ tbsp olive oil

**Directions**

***DAY 1***

* Heat water in microwave for 45 seconds
* Combine the yeast and sugar in a small bowl
* Add ¼ cup of the warm water and let it stand for 10 minutes
* Dissolve the salt in the remaining ½ cup warm water
* Sift flour
* Put the sifted flour in a large mixing bowl, making a well in the middle and put the dissolved yeast and salt water into it.
* With your hands, blend it into a dough.
* You may need a bit more or less water depending on the consistency of your dough
* Knead the dough in the bowl with your fists for 10-15 minutes or until it is smooth
* Pour the oil over the dough and knead it again until the oil is absorbed
* Place dough in a plastic bag. Label with kitchen color and block number.

***DAY 2***

* Preheat oven to 350°F.
* Cut pieces of dough, egg size or larger, depending on the size of the pita desired, shape them into balls with your hands and roll them out over a lightly floured surface to 1/4 inch thickness
* Spray baking sheet with cooking spray
* Set pitas on baking sheet and bake them on the lower rack 2 to 3 minutes each side.
* Pitas should be white and soft.
* Wrap the baked pitas in a clean towel until they are cool
* When you are ready to use them, heat a bit of oil in a shallow skillet and fry them a minute or so on each side, or until golden brown.
* Use them immediately, because they get hard when they dry out. Fill with gyro filling.

**Gyro Meat Filling**

**Ingredients:**

***Sauce***

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* 1 (8 ounce) container [plain yogurt](http://www.food.com/library/yogurt-315)
* 1/3 cup chopped seeded [cucumber](http://www.food.com/library/cucumber-235)
* 2 tablespoons finely chopped [onions](http://www.food.com/library/onion-148)
* 1 [garlic clove](http://www.food.com/library/garlic-165), minced
* 1 teaspoon [sugar](http://www.food.com/library/sugar-139)

***Filling***

* ½ lb ground beef
* ¾ teaspoons [dried oregano](http://www.food.com/library/oregano-334)
* ½ teaspoon [garlic powder](http://www.food.com/library/garlic-powder-501)
* ½ teaspoon [onion powder](http://www.food.com/library/onion-powder-502)
* ½ teaspoon [salt](http://www.food.com/library/salt-359) (optional)
* ¼ teaspoon [pepper](http://www.food.com/library/pepper-337)
* 4 pitas (from pita recipe)

**Directions:**

1. In a bowl, combine sauce ingredients
2. Cover and refrigerate until ready to use
3. In separate bowl, combine ground beef and seasonings
4. Mix well.
5. Shape into 4 patties
6. Place 2 patties large skillet over medium to high heat. Grill, covered, for 6 minutes. Flip patties and grill for additional 6 minutes or until meat is no longer pink
7. Cut patties into thin slices.
8. Place strips of meat in pita
9. Top with sauce
10. Enjoy

**Loukoumades**

**Ingredients:**

* 1 packages active dry yeast
* ½ cup warm water
* ¼ cup warm milk
* 2 T white sugar
* ½ teaspoon salt
* 3 T butter, softened
* 1 ½ eggs
* 2 cups all-purpose flour
* ¼ cup honey
* ¼ cup water
* 1 cup vegetable oil
* 2 teaspoons ground cinnamon

**Directions**

* Sprinkle the yeast over the warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until the yeast softens and begins to form a creamy foam.
* In a large bowl, mix the warm milk, sugar, and salt, and mix to dissolve. Pour the yeast mixture into the milk mixture, and stir to combine.
* Beat in the butter, eggs, and flour until the mixture forms a smooth, soft dough. Cover the bowl, and let rise until doubled in bulk. Stir the dough well, cover, and let rise again.
* Mix honey and ¼ cup of water in a saucepan, and bring to a boil over medium-high heat. Turn off the heat and let the honey syrup cool.
* Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Oil should be about 2 inches deep.
* Scoop about 2 tablespoons of dough per puff with the wet spoon, drop it into the wet palm of your hand, and roll it back into the spoon to create a round shape. Do not overhandle the puffy, soft dough. Drop the dough balls into the hot oil in batches, wetting the spoon each time you make a dough ball. Fry in the hot oil until golden brown on the bottom, and roll them over to cook the other side, 2 to 3 minutes per batch. Gently set the loukoumades aside to drain on paper towels.
* Place the loukoumades on a baking sheet, drizzle them with honey syrup, and sprinkle with cinnamon. Serve warm.