

Spinach, Bacon & Goat Cheese Filo Triangles

- 16 ounces fresh spinach, stems removed
- 1/2 cup chopped green onions, white part and some green part
- 3 T. unsalted butter
- 1 medium yellow onion, chopped
- 1/4 cup all purpose flour
- 1 cup milk
- 2 eggs, beaten
- 1/8 teaspoon fresh-grated nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon fresh-ground black pepper
- 5 strips bacon, cooked crisp and crumbled
- 6 ounces goat cheese, cut into small pieces or crumbled
- (8) 16-by-11 inch sheets frozen phyllo pastry, thawed according to package directions
- About 3/8 pound (1 1/2 Sticks) unsalted butter, melted

1. Steam the spinach and green onions in a large pot for 3 minutes or until the spinach is just wilted. Remove from the heat and set aside.
2. Heat the butter in a large saucepan over medium heat. Add the onion and sauté it until it is translucent, 6 to 8 minutes. Stir in the flour and cook, stirring for 1 minute. Whisk in the milk, increase the heat to medium-high, and cook the sauce, whisking constantly, until it boils and thickens, about 5 minutes. Beat 1 tablespoon of the hot sauce into the eggs, then whisk the eggs back into the sauce. Stir in the nutmeg, salt, and pepper, and remove from the heat. Fold in the steamed vegetables.
3. For the phyllo wraps, brush 2 sheets of phyllo dough with part of the melted butter. Cut each sheet of dough into 6 equal strips the length of the phyllo dough. Place approximately 1 Tablespoon of the spinach mixture on one end of each strip. Fold each strip like a flag. Brush with melted butter and bake at 375 degrees for 5 minutes or until golden brown. Freeze in layers with waxed paper separating each layer. When ready to use, just thaw in refrigerator. Preheat oven to 375 degrees and place on cookie sheet. Heat just until warmed throughout.

(Note: You may also freeze these without baking them first. When you're ready to use them, just thaw in the refrigerator and then bake at 375 degrees for 5 minutes or until golden brown.)