



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Kol Borek with Spinach

Ispanaklı Kol Böreği



1 cup warm water  
2 tbsp yogurt  
2 tbsp olive oil  
1 tsp salt  
Flour, as much as the mixture gets in

For the Medium Layer:  
12 tbsp olive oil

For Filling:  
1 bunch spinach  
1/2 tsp salt  
1 cup mashed feta cheese

- # Put the warm water, olive oil, yogurt and salt into the mixing bowl and mix them by your fingertips.
- # Add flour on it little by little, until the mixture stops sticking to your hands during the kneading. Rest the prepared dough for half an hour.
- # Wash the spinach and drain its extra water. Chop it finely. Add salt on it and knead until it becomes more juicy. Add cheese on it and mix.
- # Divide the rested dough into 4 equal pieces. Roll out each of the pieces over the floured bench by a rolling pin, as big and thin as you can.
- # Spread 2 tbsp olive oil over the rolled out yufka. Fold lees then half of the yufka and spread 1 tbsp olive oil over it.
- # Then place spinach filling over it as a string. Fold the right and the left edges over the centre and roll the yufka, but not too firmly.
- # Fold the roll as double. Then, round the ends of the roll to the centre.
- # Repeat the same processes for the remaining 3 yufkas. Place them into the greased baking tray. Spread some oil over them.
- # Place the tray into the oven, which is preheated to 374 F. Bake them for half an hour.

**Note:** It is prepared with olive oil for making the recipe healthy. But, you can grease with 4.4 ounces margarine also, instead of olive oil.