Spinach Plait

Roll out Pillsbury or Pepperidge Farm flat pastry sheet. Thaw for 30 minutes.

Thaw frozen spinach (drain it in a sieve to get excess water out - squish with back of metal spoon)

Mix in bowl with fresh chopped onions, tomatoes, corn, sunflower seeds, raisins, cranberries (or asparagus cut up, broccoli, some red, orange or yellow peppers, peas, herbs to season)

Cut strips of second sheet, wrap up pastry sheet so the strips criss cross (like a plait). You can baste the pastry with milk and then sprinkle grated cheese on or some herbs.

Bake 350 degrees for 30 mins, keep checking after 30 mins.