



Grilled Vegetable Strudel

INGREDIENTS:

2 each Portabella Mushrooms	1 cup Panko Crumbs
1 cup Zucchini, cut into big strips	¼ tsp Salt
1 cup Summer squash, cut into big strips	¼ tsp Pepper
1 cup Asparagus	2 Tbsp Minced garlic
1 each White onion, cut into large slices	8 sheets Phyllo Dough
2 each Red peppers; cut each pepper into 4's	
¼ cup Feta cheese	

Sauce:

¼ cup Red Chief Lentils, (uncooked)
2 cups Vegetable stock

Garnish:

¼ cup Curly parsley, chopped
4 each Roma tomatoes

PREPARATION OF STRUDEL:

- Preheat oven to 400° F.
- Grill the following vegetables: mushrooms, zucchini, summer squash, asparagus, white onion, and red peppers.
- Once vegetables are grilled, set them aside and discard any vegetable juice that remains from the cooling process.
- Cut vegetables into chunks after they have cooled.
- Mix feta cheese, panko crumbs, salt, pepper, and garlic.
- Roll out phyllo dough.
- Place two cups of vegetables at end of phyllo dough; roll the dough into a triangle shape.
- Bake in oven for about 25 minutes or until dough is completely browned.
- Remove from oven and allow cooling for five minutes.

PREPARATION OF SAUCE:

- Combine lentils and vegetable stock in a pot and bring to a boil.
- Remove from heat and reserve.





TO SERVE:

- Quarter the roma tomatoes.
- Ladle ½ cup of sauce onto a plate.
- Place the strudel on top of the sauce.
- Garnish with tomatoes and parsley; serve.

Number of servings: 4
Serving Size: 1 triangle
Calories: 340
Fat Grams: 6.5

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