

Seasonal Eating

Roasted Vegetable Strudel

8 white mushrooms, sliced
1/2 onion, sliced
3 small tomatoes, diced
1 clove garlic, pressed
2 tablespoons olive oil
pinch kosher salt and black pepper
1/2 cup frozen chopped spinach, thawed and pressed dry with paper towels
4 ounces fresh mozzarella cheese, diced
1/4 cup grated Parmesan cheese
16 sheets (1 roll) frozen phyllo pastry leaves, thawed
cooking spray
dried bread crumb

In a large bowl, combine mushrooms, onion, tomatoes and garlic. Toss with olive oil and season with salt and pepper. Spread in a single layer on a baking sheet lined with a silicone mat or parchment paper. Roast in the oven at 400 degrees for about 20 minutes or until most of the juices are dried up and the vegetables are tender. Scoop the roasted vegetables back into the large bowl and add spinach and cheeses, stirring to mix. On a large flat surface, lay out one sheet of the phyllo dough. Spray with cooking spray or olive oil mister and sprinkle with a tiny bit of breadcrumbs. Place another sheet of dough on top and repeat spray and breadcrumbs until you have 8 layers of dough. Place half of the filling near one short end of the sheets. Fold the short end over the filling. Fold in the long edges of the dough and then roll up the strudel like a burrito. Place on a baking sheet lined with a silicone mat or parchment paper with the seam side down. Spray the top with cooking spray and cut a diagonal slash across the top middle of the strudel to release steam. Repeat for the second strudel. Bake at 350 degrees for 25-30 minutes or until lightly browned and crispy. Cut in half at the diagonal slash and serve.