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Chef Paul's Vegetable Strudel

5 cups fresh baby spinach leaves or other greens (Kale etc)
2 medium sweet peppers, cut into ½ inch strips (add color by using green and red or yellow)
2 carrots, shredded or diced finely (You may blanche them if you like)
¾ cup of frozen or blanched broccoli
½ cup or corn (You can also use the same amount of potato that has been diced to ~ ¼" cubes)
1 cup sliced fresh mushrooms (try using assorted mushrooms for additional flavor)
4 green onions, sliced (1/2 cup)
3 tablespoons grated Parmesan cheese
1 tablespoon snipped fresh oregano or 1/2 teaspoon dried oregano
1 cup of wild rice (cooked) or Kashi or Quinoa
¼ cup of fresh seeded tomatoes OR tablespoon of tomato paste
pinch of salt , pinch of black pepper, pinch of ground red pepper
Butter-flavor nonstick spray coating
6 sheets frozen phyllo dough, thawed (Try whole wheat phyllo from any health food store)
2 tablespoons fine dry bread crumbs
2 tablespoons of wheat germ

Directions...

In a large sauté pan, cook the peppers, carrots, mushrooms and green onions in a small amount of spray oil for about 5 minutes. Add the spinach to wilt the leaves.

Transfer vegetables to a large bowl. Stir in the tomatoes, broccoli and 2 tbs of Parmesan, the rice or grain, oregano, salt, black pepper, and ground red pepper. Set filling aside and let cool.

Spray a large baking sheet with nonstick coating. Place 1 sheet of phyllo on a dry kitchen towel. (Keep remaining sheets covered with plastic wrap.) Spray with nonstick coating. Place another sheet on top; spray with nonstick coating. Sprinkle with half of the bread crumbs and wheat germ. Place 2 more sheets of phyllo on top, spraying each with nonstick coating. Sprinkle with remaining crumbs and wheat germ. Add remaining 2 sheets of phyllo, spraying each with nonstick coating.

Spoon filling along 1 long side of phyllo stack about 1-1/2 inches from edges. Fold in the short sides over the filling. Starting from the long side with filling, roll up jelly-roll style.

Place strudel, seam side down, on the prepared baking sheet. Spray top with nonstick coating. Using a sharp knife, score into 8 slices, cutting through the top layer only. Sprinkle with cheese.

Bake in a 375 degree F. oven for 25 to 30 minutes or until the strudel is golden. Let stand for 10 minutes before serving. To serve, cut along scored lines into slices.

Nutritional Summary: (Per Serving, based on information provided)

Calories: 140 (14% from fat), Total Fat: 2g, Saturated Fat: 1g, Cholesterol: 4mg, Sodium: 308mg,
Carbohydrates: 26g, Protein: 5g, Sugars: 0g Vitamin A 9968

**If you have any questions about this recipe or cooking questions feel free to call me
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