

Vegetable Wellington

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 1 roll

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1 ½	cups
Fresh tarragon, minced	½	tsp.
Sage, dried	½	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Vegetable broth	1/3	cup
Walnuts, chopped and toasted	½	cup
Fresh spinach, chopped	1	cup
Phyllo dough	9	sheets
Olive oil	¼	cup

Preparation

1. Heat 2 tbsp. olive oil in a large skillet. Add leeks, celery and carrots cook for 4 minutes. Add tarragon, sage, salt and pepper cook for 2 minutes.
2. Add broth and bring to a boil. Add the spinach and walnuts and continue to cook until broth evaporates. Remove from heat.
3. Stack two sheets of phyllo dough on top of each other, gently brush top layer with a thin layer of olive oil. Add a thin line of filling on the side of the dough lengthwise, leaving a 2 inch border. Roll up and set aside.
4. Repeat. Roll the dough once over the filling and set the already rolled filling next to it and continue rolling. Continue the process until you have three sheets of dough left.
5. Layer the three sheets of dough to make an extra-long sheet. Brush with olive oil and add the large finished rolled dough on the edge and roll it up. Slice six vents on top with a sharp knife. Place on a cookie sheet lined with parchment paper and bake in 350 degree oven for 20-25 minutes or until golden brown.
6. Allow to cool for five minutes before slicing width-wise.

Serving Suggestion

Serve with 4 oz. fresh green beans.

Nutrition Information

*From USDA Nutrient Database

Calories: 191 Total Fat: 11.5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3g

Sodium: 356mg Vitamin A: 159µg Vitamin C: 3mg Calcium: 22mg Iron: 1mg Folic Acid: 21µg



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