

Vegetable Wellington

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 1 roll

Ingredients	Quantity	Measure
Olive oil	2	tablespoons
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1 ½	cups
Fresh tarragon, minced	½	teaspoon
Sage, dried	½	teaspoon
Salt	1	teaspoon
Black pepper	1	teaspoon
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 tablespoons of olive oil in a large skillet. Add leeks, celery, and carrots cook for 4 minutes. Add tarragon, sage, salt and pepper and cook for another 2 minutes.
2. Add broth and bring to a boil.
3. Once boiling, add the spinach and walnuts and continue to cook until the broth evaporates. Remove from heat.
4. Meanwhile, position one sheet of phyllo dough on a cutting board and gently brush with a thin layer of olive oil. Position another sheet on top of the oiled sheet of phyllo dough. Gently brush a thin layer of oil on top of the second sheet of phyllo dough. Add a thin line of the spinach filling at the top, roll two times, add another thin line of filling. Roll until there is only 1-inch of phyllo dough left. Set aside.
5. Repeat step 4 two times, making 3 single rolls.
6. Layer 3 sheets of phyllo dough. Brush the bottom, the middle, and the top with olive oil. Take your three single rolls, roll them together to make 1 roll. Place on top of the three brushed sheets of phyllo dough. Roll up. Brush with olive oil. Place on a cookie sheet lined with parchment paper and bake in a 350-degree oven for 15-20 minutes.
7. Allow to cool for five minutes before slicing widthwise.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 222 Total Fat: 16g Saturated Fat: 2.2g Trans Fat: 0g Monounsaturated Fat: 9g Polyunsaturated Fat: 5g Carbohydrate: 17g Fiber: 2g Total Sugars: 2g Protein: 3.2g Sodium: 457mg Vitamin A: 230mg Vitamin C: 4mg Calcium: 34mg Iron: 1.4mg Folate: 59mcg



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