



Cheese, Herb, and Sun-Dried Tomato Phyllo Rolls

Makes 16



- | | |
|---|---|
| 1 large egg
¾ cup (packed) fat free cream cheese (3 oz)
¾ cup (packed) grated kasseri cheese (3 oz)
¼ cup (packed) finely crumbled fat free feta cheese (3 oz)
2 Tbsp. finely chopped drained oil-packed sun-dried tomatoes | 2 tps fresh thyme leaves
1 tsp chopped fresh marjoram
¼ tsp ground white or black pepper
8 sheets phyllo pastry (about 12 x 14"), thawed if frozen
Extra-virgin olive oil |
|---|---|

Whisk egg in medium bowl until frothy. Mix in all cheese, tomatoes, thyme, marjoram, and pepper. Cover and chill until ready to use, up to 1 day.

Stack phyllo sheets. Using sharp knife or shears, cut sheets in half lengthwise, making sixteen 5- to 6-inch wide pastry strips. Place 1 strip on work surface (keep remaining strips covered with plastic wrap and damp towel to prevent drying). Brush entire strip with oil. Place 1 heaping tablespoon cheese filling in center of strip, 1 inch in from 1 short pastry edge. Shape filling into 3-inch long log, parallel to short edge. Fold short edge, then sides of pastry, over filling. Continue to roll up, enclosing filling completely. Brush all over with oil; place on rimmed baking sheet. Repeat with remaining phyllo strips and filling.

Preheat oven to 350° F. Bake rolls uncovered until filling is heated through and pastry is golden, about 18 minutes. Transfer to platter; serve hot.

Preheat oven to 350° F. Bake rolls uncovered until filling is heated through and pastry is golden, about 18 minutes. Transfer to platter; serve hot.

Nutrition Facts	
Serving Size (375g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 49g	16%
Dietary Fiber 3g	10%
Sugars 43g	
Protein 8g	
Vitamin A 6%	• Vitamin C 220%
Calcium 25%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	