

## **Moosewood's Broccoli and Cheese Strudel**

### *Ingredients*

6 cups raw, chopped broccoli  
3 Tbsp butter  
2 eggs, beaten  
1 cup chopped onion  
2 cups good bread crumbs  
2 cups grated lowfat cheddar  
juice from 1 lemon  
salt and pepper to taste  
8 sheets phyllo dough  
Pam butter-flavored cooking spray  
1/4 cup sesame seeds

### *Preparation*

Saute onion in butter with 1/2 tsp salt. When onion is soft, add the broccoli. Salt lightly again and saute until broccoli is tender, but still bright green (about 8 min over medium heat).

Combine all ingredients (except phyllo, Pam, and sesame seeds) and season to taste.

Preheat oven to 375°F. To assemble the strudel, clean off a flat working surface. Place one rectangle of phyllo in front of you, so that one of the shorter sides is facing you. Spray with Pam. Place another sheet on top of the first, and spray again with Pam. Continue until you have four sheets layered.

Apply half of the filling along the edge closest to you, leaving a margin of about 1.5 inches. Fold the sides and then the bottom over the strudel, and then roll up the filling in the phyllo, burrito-style.

Carefully transfer the roll to a baking sheet sprayed with Pam. Using a sharp knife, slash the top 3-4 times. Spray the roll with Pam and then sprinkle sesame seeds over the top.

Repeat with a second roll. When both rolls are ready, put them in the oven to bake for about 30 minutes, until they are crisp and golden.

Makes 6 servings.