

# APRIL IS NATIONAL SOYFOODS MONTH

## Leek, Feta and Sausage Strudel

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 2 tbsp of olive oil
- 4 cups sliced leeks
- 1 (14 oz) sausage-style soy crumbles
- 1/2 tsp dried thyme or 1 tsp fresh minced thyme
- 1 tsp oregano
- 10 sheets of 11 in long phyllo dough, divided
- 1 cup feta cheese, crumbled, divided
- Vegetable cooking spray

### Per serving:

Calories: .....	308
Total fat: .....	15 g
Saturated fat: .....	3.5 g
Protein: .....	9.6 g
Carbohydrate: .....	11.7 g
Cholesterol: .....	17 mg
Iron .....	2.6 mg
Sodium: .....	690 mg
Calcium: .....	172 mg

Preheat oven to 350 degrees. Heat oil in large nonstick skillet over medium heat; add leeks, soy crumbles, thyme, and oregano. Saute 10 minutes. Remove from heat. Arrange a sheet of phyllo dough on the counter. Spray lightly with vegetable cooking spray. Repeat this process until the five sheets are stacked up. Spread half the leek mixture across the phyllo in a 2 in wide strip from left to right, approximately 2 in from the side closest to you. Sprinkle with half the feta cheese. Fold in the ends and roll up the strudel. Moisten the seam with a bit of water to seal. Arrange on a baking pan with the seam side down. Spray the top of the strudel with vegetable cooking spray. Repeat with remaining ingredients. Bake for 25 minutes until golden brown. Slice and serve.

**Yield: 2 Strudels, 8 Slices Each, Serving Size: 2 Slices**

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