

## *Vegetable Strudel with Sundried Tomato Sauce*



### Ingredients

1 box phyllo dough, defrosted  
1 cup melted, unsalted butter  
olive oil, as needed  
2# green cabbage, shredded  
2 carrots, shredded  
4 oz. shredded bok choy  
½ red onion, peeled and sliced thin  
1 red bell pepper sliced thin  
6 leaves fresh basil  
2 oz. fresh snow pea pods, sliced, if desired  
2 cloves garlic, minced  
4 oz. crumble feta cheese, if desired  
Kosher salt and ground black pepper to taste

### Procedure

1. Preheat oven to 350°F.
2. Heat oil in a large sauté pan over medium high heat.
3. Add onions, garlic and peppers. Sauté 30 seconds
4. Add the mushroom and sauté 30 seconds.

5. Add bok choy, cabbage and carrots. Sauté until wilted. Season with salt and pepper.
6. Stir in the pea pods, basil and feta cheese.
7. Remove from stove and chill completely. (If you lay out the mixture flat on a cookie sheet, then put in the freezer, it will happen quicker.)
8. Take one sheet of phyllo dough, and lay it out flat. Brush evenly with butter. Place one more sheet of phyllo dough on top. Brush evenly with butter. (Don't worry if it is not stacked exactly even on each other.) Continue this process with the other two sheets. Make sure top layer has butter on it too. (for a lower calorie version, use spray oil, it just won't have as much flavor).
9. Once filling is cool, spoon 2 heaping scoops across the width of one side. Leave about 2 inches on each side, and enough on the bottom to fold up over the vegetables.
10. Fold each side in, and press it to the buttered bottom.
11. Next roll the strudel up, like a sushi roll. Take the bottom flap of the dough, and fold it over the vegetables. Roll up, until you reach 1 inch of the end.
12. Brush the end with butter, and continue to roll. Make sure the seam is sealed.
13. Place on a parchment lined sheet pan. Make sure the seam is down.
14. Brush the top generously with butter.
15. Continue with remaining dough and filling. You may not use all the dough. There is enough filling for 4 or 5 strudels.
16. Cook in a 350°F degree oven until crispy and brown.
17. It is recommended that you let the strudel sit for about 2 minutes before you go to serve it.

Makes 4 or 5 dinner sized strudels.

### *Sun-dried Tomato Sauce*

#### Ingredients

- 1 cup of sun-dried tomatoes, preferable packed in oil
- 2 cup of vegetable stock or chicken stock, boiling, or more as needed
- 1 tbsp. dark balsamic vinegar
- 2 garden fresh basil leaves
- 1 clove garlic, minced if desired
- Kosher salt and ground black pepper to taste

#### Procedure

1. Put tomatoes, vinegar, garlic and basil in the bowl of a food processor, or blender.
2. Puree for 1 minute. While motor is running, slowly add vegetable stock.
3. Puree until the mixture is smooth and uniform.
4. Remove from machine, and adjust seasonings.
5. If a smoother sauce is desired, pass the sauce through a food mill, or a fine meshed strainer.
6. Heat if desired.

Yields 2-3 cups of sauce