UCI Health

Mushroom and leek phyllo triangles with thyme and feta

Ingredients

- 2 tablespoons olive oil
- 1 large leek (white andlight green parts only), cleaned and thinly sliced (about 2 cups)
- 8 ounces cremini or baby bella mushrooms, cleaned and sliced
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme leaves (or ½ teaspoon dried thyme)
- Salt and pepper to taste
- 3 ounces feta cheese, crumbled (or dairy-free feta substitute)
- 1 tablespoon fresh parsley, chopped

For phyllo

- 8 sheets frozen phyllo dough, thawed per package instructions
- 2 tablespoons extra-virgin olive oil plus extra for brushing on phyllo sheets
- 1 egg, beaten, to brush on triangles for color (optional)

Nutritionalinformation

$9.75 total/$2.43 per serving

Servings: 4

Calories: 398 per serving

Directions

- Preheat oven to 375°F and line large baking sheet with parchment paper. Cover phyllo sheets with slightly damp cloth to prevent drying out while you work.
- In large skillet, heat 2 tablespoons of olive oil over medium heat.
- Add sliced leek, sauté for about 4-5 minutes until softened and starting to turn translucent.
- Add mushrooms and garlic, increase heat to medium-high and cook for 5-7 minutes, stirring occasionally, until moisture from mushrooms has evaporated, and mixture is nicely browned.
- Stir in thyme, salt and pepper, then remove from heat.
- Transfer mixture to a bowl, stir in crumbled feta and chopped parsley. Cool slightly before assembling.
- Lay a phyllo sheet on work surface and brush lightly with olive oil. Top with a second sheet and brush again. Cut the double-sheet stack into 4 equal strips.
- Place about 2 tablespoons of filling at one end of each strip.
- Fold the bottom corner over filling to form a triangle. Continue folding over filling, retaining the triangle shape, until strip is completely folded, brushing final flap with olive oil to seal.
- Place each triangle seam-side down on baking sheet.
- Brush triangle tops with more oil and beaten egg, if using, for color and crispness.
- Bake 18-22 minutes or until triangles are crisp and golden-brown.
- Remove from oven, let rest 2-3 minutes before serving.

Recipe and photo by Jessica VanRoo, executive chef of the Susan Samueli Integrative Health Institute, part of UCI Health.