



Phyllo Purses with Roasted Squash, Peppers, and Artichokes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black divided freshly ground
- 1 teaspoon cumin seeds
- 6 ounces feta cheese crumbled
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons mint leaves fresh chopped

- 2 large bell peppers green halved lengthwise seeded
- 2 cups kabocha squash cubed peeled (1-inch)
- 3 cups leek thinly sliced (3 large)
- 1.5 cups yogurt plain low-fat
- 2 teaspoons olive oil
- 0.5 teaspoon paprika
- 16 sheets phyllo dough frozen thawed ()
- 3 large poblano chiles seeded chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt divided

Equipment

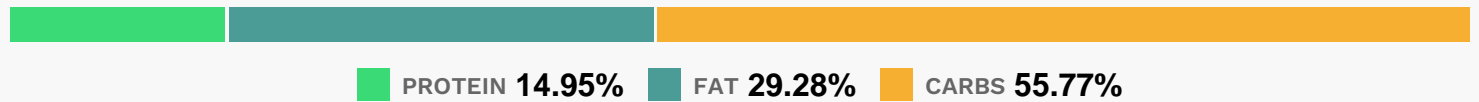
- frying pan
- baking sheet
- oven
- cutting board

Directions

- To prepare sauce, combine the first 6 ingredients; cover and chill.
- Preheat oven to 37
- To prepare purses, arrange the squash and bell pepper halves in a single layer on a baking sheet coated with cooking spray; coat the vegetables with cooking spray.
- Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Bake at 375 for 40 minutes or until squash is tender, stirring after 20 minutes. Cool slightly. Thinly slice bell pepper halves, and set aside.
- Reduce oven temperature to 35
- Cook cumin seeds in a large nonstick skillet over medium heat 1 minute or until toasted and fragrant.
- Add oil to pan; increase heat to medium-high heat.

- Add leek and poblanos; saut 8 minutes or until leek is tender. Cool slightly.
- Combine squash, bell peppers, leek mixture, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, 2 tablespoons cilantro, and artichokes, tossing gently.
- Place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to prevent drying); lightly coat with cooking spray. Top with another phyllo sheet; lightly coat with cooking spray. Gently press 2 phyllo sheets together. Spoon about 1 1/4 cups squash mixture into center of phyllo stack; top with 3 tablespoons cheese. Gather 4 corners of phyllo, and crimp and twist to seal, forming a purse. Lightly coat purse with cooking spray; place on a baking sheet. Repeat procedure with remaining phyllo, squash mixture, and cheese to form 8 purses.
- Bake at 350 for 30 minutes or until phyllo is browned and crisp.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:9.2, Inflammation Score:-9, Nutrition Score:20.156956499038%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 4.99mg, Luteolin: 4.99mg, Luteolin: 4.99mg, Luteolin: 4.99mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 272.57kcal (13.63%), Fat: 8.97g (13.79%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 38.43g (12.81%), Net Carbohydrates: 33.95g (12.34%), Sugar: 8.1g (9.01%), Cholesterol: 21.68mg (7.23%), Sodium: 871.19mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Vitamin C: 90.79mg (110.05%), Vitamin A: 1570.81IU (31.42%), Manganese: 0.57mg (28.57%), Vitamin B2: 0.47mg (27.66%), Vitamin K: 26.35µg (25.09%), Vitamin B6: 0.48mg (24.14%), Calcium: 237.82mg (23.78%), Vitamin B1: 0.35mg (23.26%), Folate: 85.47µg (21.37%), Phosphorus: 208.05mg (20.81%), Selenium: 14.04µg (20.06%), Fiber: 4.48g (17.94%), Iron: 2.9mg (16.09%), Potassium: 507.25mg (14.49%), Vitamin B3: 2.63mg (13.15%), Magnesium: 43.69mg (10.92%), Vitamin B12: 0.62µg (10.28%), Zinc: 1.48mg (9.84%), Copper: 0.19mg (9.48%), Vitamin B5: 0.81mg (8.05%), Vitamin E: 1mg (6.64%)