

FALL PHYLLOS

MAKES 12

- 1 (16oz.) box phyllo dough, sheets
- 1 cup margarine, melted
- 1 (4.6oz) box broccoli & cheese rice mix, prepared
- 4 ounces smoked ham, finely chopped
- 5 tablespoons garden vegetable cream cheese
- 2 eggs, beaten
- 1/2 teaspoon black pepper
- 1 (0.9 oz) package hollandaise sauce, prepared

Preheat oven to 350° F. Place 2 sheets of phyllo dough on to wax paper or cutting board. Using a basting brush, lightly brush margarine on the top of the second sheet of dough. Starting from the end of the dough, fold to the center and brush with margarine. Fold again and brush with margarine. Gently place dough into an ungreased fluted muffin pan, with margarine side up. Gently press dough into pan to fit mold with corners placed outside top of mold. Follow these steps again, until muffin pan is full. Combine broccoli and cheese rice mix, ham, cream cheese, eggs, and pepper. Stir well. Spoon mixture into phyllo dough, filling to the top.

Bake for 20 minutes or until mixture is set. Prepare hollandaise sauce, set aside (keep warm). Remove muffins from oven and place one on the plate or serve all on a platter. Spoon a teaspoon of hollandaise sauce onto each muffin and serve.

Nutritional Analysis per serving: calories 245, protein 5 g, carbohydrates 14 g, fat 18 g, cholesterol 44 mg, sodium 503 mg, calcium 23 mg

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