

# InSpire Magazine

## Featured Recipe

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### **Chicken Phyllo Wraps**

Ingredients:

Vegetable cooking spray

1 pound ground chicken

1 cup chopped fresh mushrooms

1 medium onion, chopped

3 cups cooked rice (cooked without salt and fat)

1 package (10 ounces) chopped spinach, thawed and well drained

1 cup nonfat low-salt ricotta cheese

1 can (2-1/4 ounces) sliced

black olives, drained 1/4 cup pine nuts, toasted\*

2 cloves garlic, minced

1 teaspoon ground oregano

1 teaspoon lemon pepper

12 phyllo dough sheets

\*To toast nuts, place on baking sheet. Bake at 350°F 5 to 7 minutes or until lightly browned.

Preparation: Coat large skillet with cooking spray; heat over medium-high heat until hot. Add chicken, mushrooms, and onion; cook and stir 2 to 4 minutes or until chicken is no longer pink and vegetables are tender. Reduce heat to medium. Add rice, spinach, ricotta cheese, olives, nuts, garlic, oregano, and lemon pepper; cook and stir 3 to 4 minutes until well blended and thoroughly heated. Working with 1 phyllo sheet at a time, spray 1 sheet with cooking spray; fold sheet in half lengthwise. Place 3/4 to 1 cup rice mixture on one end of phyllo strip. Fold left bottom corner over mixture, forming a triangle. Continue folding back and forth into triangle at end of strip. Repeat with remaining phyllo sheets and rice mixture. Place triangles, seam sides down, on baking sheets coated with cooking spray. Coat top of each triangle with cooking spray. Bake at 400°F 15 to 20 minutes or until golden brown. Serve immediately.