

Lentil Roll-Ups

1 cup (250mL)	cooked Laird Lentil
2 tbsp (25mL)	grated Parmesan cheese
1 tbsp (15mL)	finely chopped onion
¼ tsp (1mL)	dry crumbled oregano
¼ tsp (1mL)	dry crumbled thyme
1/8 tsp (0.5mL)	ground black pepper
1	garlic clove, minced
1 lb (454 g)	pkg. phyllo pastry
2 tbsp (25mL)	canola oil

Preheat oven to 160 C (325 F)

In a food processor or blender, puree lentils. Add cheese, onion, oregano, thyme, pepper and garlic. Mix well.

Cut individual phyllo pastry sheets into 15 x 20 cm (6 x 8") pieces. Lightly brush with canola oil.

Spread 1 tsp (5mL) filling along one end of pastry sheet and roll over once. Turn in edges of pastry and roll up to make a cigar shape. Repeat this procedure until all of the filling has been used.

Place filled pastry rolls on a nonstick baking sheet. Bake rolls 15-20 minutes, or until golden brown.