



Phyllo wrapped chicken & rice bundles
RECIPE

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COOK TIME 15 min
PREP TIME 15 min
MAKES 9 servings

Add some Greek inspiration to your dinner with this chicken-and-rice dish. Crispy phyllo dough envelopes a delicious filling made with chicken, Boursin cheese, broccoli and organic quinoa & brown rice. Your guests will want more than one, so make enough!

INGREDIENTS

- 1 cup cut-up cooked chicken
- 1 container (5.2 ounces) Boursin cheese
- 9 sheets (14x9-inch) phyllo dough, thawed according to package directions
- 1 package of SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic
- 1 cup chopped cooked broccoli
- 3 tbsps. butter, melted

DIRECTIONS

1. In medium bowl, combine chicken, SEEDS OF CHANGE™ Organic Quinoa & Brown Rice with Garlic, cheese and broccoli; set aside.
2. Cover phyllo with plastic wrap to keep dough from drying out.
3. Set one sheet of phyllo on work surface; brush lightly with butter.
4. Fold sheet lengthwise in half.
5. Spoon about 1/3 cup rice mixture onto crosswise edge of phyllo.
6. Fold bottom edge of phyllo diagonally over filling to lengthwise edge.
7. Continue folding in triangle shape. Brush turnover lightly with butter.
8. Place on baking sheet. Repeat with remaining phyllo, filling and butter.
9. Bake 15–20 minutes or until puffed and golden brown.

NUTRITION INFO

Column 1	Column 2
Servings	9
Calories (per serving)	220
Total Fat	11g
Saturated Fat	6g
Trans Fat	0g
Total Fat % DV	17%
Saturated Fat % DV	30%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	340mg
Sodium % DV	14%
Total Carbohydrate	20g
Dietary Fiber	1g
Sugars	0g
Total Carbohydrates % DV	7%
Dietary Fiber % DV	4%
Protein	10g

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[Enchiladas](#)

Cook time

35 min

Prep time

5 min



Mediterranean walking buddha bowl

Cook time

1.5 min

Prep time

5 min



Dutch baby

Cook time

35 min

Prep time

5 min

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