

Recipe Name: Vegetable Filled Souffle Recipe
Diet Type: Vegetarian
Course: World Breakfast
Cuisine: Continental
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1/8 cup Margarine (Reduced Calorie)	6
• 1/8 cup All Purpose Flour (Maida)	
• 1/4 teaspoon Salt	
• 1/4 teaspoon Cayenne Pepper - ground	
• 3/4 cup Milk - skim milk	
• 3 Egg whites	
• 2 Egg yolks	
• 1/4 teaspoon White vinegar	
• Basil leaves - prepared earlier	
• 1 Onion - finely chopped	
• 1 clove Garlic - minced	
• 1 tablespoon Extra Virgin Olive Oil	
• 3/4 cup Yellow Zucchini - grated	
• 1/8 cup Basil leaves - sniped	
• 1/8 cup Parmesan cheese - grated	

Preparation

- To start making Vegetable Filled Souffle Roll, heat a heavy bottomed pan over medium heat and add oil.
- Add onion, garlic and cook for 2 minutes or until onion is tender.
- Stir in zucchini and basil.
- Reduce heat and simmer until zucchini is lightly cooked and not too soft.
- Heat margarine in a small saucepan over low heat until melted.



- Stir in flour, salt and red pepper.
 - Cook stirring constantly until smooth and bubbly.
 - Remove the pan from the heat.
 - Stir in milk until well combined into the flour mixture.
 - Use a whisk to make the process easier.
 - Cook and stir the mixture until thick and bubbly.
 - Turn off the heat and cool slightly.
 - Once cooled, add the egg yolks one at a time and whisk it.
 - In another bowl beat egg whites and white vinegar until stiff but not dry.
 - Gradually stir beaten egg whites to the prepared flour mixture and combine well.
 - Preheat oven to 180 C.
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- Bake in the preheated oven until puffed and golden brown or about 35 to 40 minutes.
 - While the souffle is baking, place a long piece of foil on a large baking sheet and grease the foil.
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- Place the foil lined baking sheet over the souffle.
 - Invert souffle onto the foil lined baking sheet.
 - Carefully peel off parchment paper on top of souffle.
 - Spread the basil flavored vegetables evenly on the souffle and roll up from narrow end.
 - Don't roll the souffle along with the foil.
 - Once you have a souffle roll, slice them to 1-inch thickness and serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	30	10	5	3