

Crispy Zucchini Cheese Cigars - My Favorite Light Snack

Crispy Zucchini Cigars with Feta and Mozzarella ???



OVEN
360°F

TIME
45 min

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SAVE
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INGREDIENTS

- 4 medium zucchinis (approx. 600g), grated
- 200g feta cheese, crumbled
- 100g shredded mozzarella
- 1 egg, lightly beaten
- 1 pinch ground nutmeg
- Fresh black pepper, to taste
- 8 sheets of filo pastry
- Melted butter or olive oil, for brushing
- Sesame seeds or nigella seeds (optional topping)

DIRECTIONS

1. **Make the Filling:** Grate the zucchini and squeeze out excess moisture using a clean towel. In a bowl, combine zucchini, crumbled feta, mozzarella, egg, nutmeg, and black pepper.
2. **Assemble the Cigars:** Lay out one filo sheet on a clean surface. Brush lightly with butter or oil. Spoon 2-3 tablespoons of the zucchini mixture at the bottom edge. Fold in the sides, then roll tightly into a cigar shape. Repeat with remaining sheets and filling.
3. **Bake:** Preheat oven to 360°F (180°C). Place cigars on a parchment-lined baking sheet. Brush tops with butter/oil and sprinkle with seeds if using. Bake for 20-25 minutes or until golden and crisp.

SWAPS & NOTES

Mozzarella can be swapped for shredded cheddar, Monterey Jack, or Gruyère.

Add chopped fresh mint, dill, or parsley for more herb flavor.

Filo dries out fast- cover it with a damp towel while working.

TIPS FOR SUCCESS

- Drain your zucchini well to avoid soggy filling.
- Keep filo covered to prevent drying and cracking.
- Don't overfill-less is more for clean, tight rolls.
- Serve hot or warm with dipping sauce.

