

Wild Mushroom Crepes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 12 crepes

Ingredients	Quantity	Measure
Crepe		
Soy Milk, unsweetened	1	cup
Water	2/3	cup
Earth Balance, Non-Dairy Margarine	1/4	cup
All-purpose flour	1	cup
Salt	1	tsp.
Wild mushroom filling		
Earth Balance, Non-Dairy Margarine	2	tbsp.
Wild mushrooms, trimmed, thinly sliced	1 1/4	lbs.
Sea salt, fine	1/2	tsp.
Rosemary, finely chopped	1 1/2	tsp.
All-purpose flour	1	tbsp.
Nutmeg, ground	1/8	tsp.
Soy Milk, unsweetened	3/4	cup
Parsley, finely chopped	3	tbsp.

Preparation

1. Melt 1 tbsp. of the margarine in a large skillet over medium heat.
2. Add mushrooms and salt. Cook, stirring frequently, until mushrooms are browned, about 10 minutes.
3. Stir in rosemary.
4. Transfer mushrooms to a bowl.
5. Return the skillet to medium heat and melt remaining 1 tbsp. margarine.
6. Stir in flour and cook, continuously stirring for 1 minute. Return mushrooms to the skillet and stir in nutmeg and 2 tbsp. of the parsley.
7. Spoon filling into 12 crêpes and roll closed.
8. Place in an oiled 9x13-inch pan and bake at 425°F until heated through, about 10 minutes.
9. Garnish with 1 tbsp. parsley.

Crepe

1. Lightly spray crepe pan with oil.
2. Ladle 2 oz. batter in pan.
3. Slightly brown and flip.

Serving Suggestion

One crepe; 2 tbsp. filling in each.

Nutrition Information

*From USDA Nutrient Database

Calories: 126 Total Fat: 7.5g Saturated Fat: 2.5g Carbohydrate: 13g Protein: 3g Sodium: 366mg
Vitamin A: 23µg Vitamin C: 2mg Calcium: 52mg Iron: 1mg Folic Acid: 44µg

