



Crepe Class Equipment and Ingredient List

Ingredients

1 each - Shallot
1 small - Zucchini
2 cups - Spinach leaves
2 tbsp - Thyme leaves
1 each - lemon
2 cloves - Garlic
1 cup - Berries (any will work)
4 each - Eggs large
2 oz - Cheese, Gruyere grated
½ cup - Ricotta cheese, full fat
2 cups - Milk, whole (can sub with other nut milks)
6 oz - Chicken breast, skinless, boneless

4 Tbsp - Olive oil
1 tsp - Salt & Black Pepper Ground
½ cup - All Purpose Flour
1-½ cups - Buckwheat Flour (can sub with AP flour)
1 tbsp honey
1 tsp vanilla extract

Splash of white wine (optional)

Equipment

1 - non stick skillet 8 to 12" (crepe pan like)
1 - skillet
1 - bowl large
2 - bowl small
1 - whisk
1 - measuring cups
1 - spatula
1 - grater for cheese
1 - knife
1 - cutting board
4 - plates



Mushroom & Chicken Crepes | Berries and Cream Crepes

SERVES: 4

Pillars of Nutrition: All in For Whole Grains

Ingredients

Crepes

- 2 **eggs**
- 1 cups **milk**
- 2 tbsp **olive oil**
- ½ cup **water** plus **more if needed**
- ¼ cups all purpose flour
- ¾ cups **buckwheat flour**
- ¼ tsp salt

Savory Filling

- 1 Tbsp olive oil
- 1 each, shallot, peeled and sliced
- 1 each zucchini, small, half moon sliced
- 6 oz chicken breast, sliced thin
- 1 tbsp garlic, minced
- 2 tbsp water or white wine
- 2 cup spinach leaves, well packed
- Salt and black pepper to taste
- 2 tbsp thyme leaves, fresh
- 2 oz cheese grated gruyere (cheddar or mozzarella)

Variations to Try

- ❑ Try with a variety of filling options and sub out with your favorite seasonal ingredients. Protein options: tofu, beans, smoked salmon. Leafy green options: bok choy, kale, Seasonal vegetables: squashes, tomatoes, broccoli...
- ❑ Sub all buckwheat flour for gluten free option. No buckwheat flour, no problem, use all purpose wheat flour instead.
- ❑ Sub cow milk with any nut milks

Something to **Chew** On

- ❑ Buckwheat flour is gluten free, loaded with fiber and nutrients. Has a nutty flavor and creates a light lacy crepe.
- ❑ Crepes are great for breakfast, lunch and dinner

Directions

Prepare the Batter and the Filling:

1. Whisk the **eggs, milk, water** and salt then stir in the **flours**. If the batter seems too thick, add enough water to achieve the consistency of heavy cream. Combine gently, trying not to create air bubbles in the **batter**.
2. Set aside and prepare filling ingredients.
3. Cook filling ingredients: Heat a saute pan over medium hi heat and drizzle in oil. Saute shallots then add zucchini and saute. Drizzle in a little more oil if needed. Season with a pinch of salt. Add the sliced chicken. Cook until chicken is cooked through. Drizzle water or wine to deglaze the pan and create steam for the spinach. Immediately, turn off the heat and add the spinach and thyme leaves. Toss well. Season with salt and black pepper. Set aside. This is filling for 4 crepes.

Make and Assemble the Crepes:

4. Heat the stovetop to medium-high. Lightly coat a 10" non stick pan with **oil**.
5. Add $\frac{1}{2}$ cup of the **batter** to the pan and swirl to cover the entire bottom of the pan.
6. Cook for 30 seconds, then flip the **crepe** over and continue to cook for 15 more seconds.
7. Remove from the pan onto a plate or baking sheet. Continue making **crepes** until all the batter has been used.
8. Spread $\frac{1}{4}$ th of the grated cheese and savory filling down the center of each crepe.
9. Roll or fold the **crepe** and serve.



Berries and Cheese Crepes

SERVES: 4

Pillars of Nutrition: Be Sugar Smart

Ingredients

Crepes

- 2 **eggs**
- 1 cups **milk**
- ½ cup **water plus more if needed**
- ¼ cups all purpose flour
- ¾ cups **buckwheat flour**
- ¼ tsp salt
- 2 tbsp **olive oil**

Sweet Filling

- 1 cup ricotta cheese, full fat
- 1 lemon, zest and juice
- 1 tsp vanilla extract
- 1 cup berries, assorted

Variations to Try

- Try with a variety of fresh berries or other types of seasonal fruits
- Top with nuts
- Drizzle with honey
- Sub cow milk with any nut milks
- Add fresh mint

Something to **Chew** On

- Ricotta cheese is rich in calcium and protein
- Crepes are great for breakfast, lunch and dinner

Directions

Prepare the Batter and the Filling:

- Whisk the **eggs, milk and water** then stir in the **flours and salt**. If batter seems too thick, add enough water to achieve the consistency of heavy cream. Combine gently, trying not to create air bubbles in the **batter**.
- Set aside.
- Place ricotta cheese in a bowl and season with lemon zest, lemon juice, honey and vanilla. Stir well. Add the berries.

Make and Assemble the Crepes:

- Heat the stovetop to medium-high. Lightly coat a 10" non stick pan with **oil**.
- Add ½ cup of the **batter** to the pan and swirl to cover the entire bottom of the pan.
- Cook for 30 seconds, then flip the **crepe** over and continue to cook for 15 more seconds.
- Remove from the pan onto a plate or baking sheet. Continue making **crepes** until all the batter has been used.
- Spread 1/4th of the filling down the center of each crepe.
- Roll or fold the **crepe** and serve.