

GARDEN VEGGIE AND CHEESE CREPES

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 crepe)

Nutrition (per serving)

Calories: 135

Total Fat: 3 g

Saturated Fat: 1 g

Sodium: 413 mg

Total Carbohydrate: 18 g

Dietary Fiber: 2 g

Protein: 8 g



Ingredients

Crepes

- ¼ cup white flour
- ¼ cup whole wheat flour
- 1/8 teaspoon salt
- ¾ cup skim milk

Filling

- 1/3 cup chopped bell pepper
- ½ cup chopped yellow squash
- ½ cup chopped zucchini
- 1/3 cup diced onion
- 1 cup loosely packed fresh spinach leaves

- ¼ cup egg substitute
- Non-stick cooking spray

- 2 Tablespoons fresh basil, coarsely chopped
- 1 teaspoon minced garlic
- ½ teaspoon olive oil
- 4 wedges Laughing Cow® Light Garlic & Herb Cream Cheese

Directions

1. In a medium bowl, stir together flours and salt.
2. In a small bowl, whisk together milk and egg substitute.
3. Add milk mixture to flour mixture, whisking until smooth. Cover batter and chill for 15 minutes.
4. Heat pan over medium-high heat and lightly spray small skillet with cooking spray.
5. Remove pan from heat and pour $\frac{1}{4}$ cup batter into pan; quickly tilt pan in all directions to spread out batter. Return pan to stove and cook about 1 minute each side.
6. Repeat 4 & 5 to make four crepes.
7. In a large skillet, sauté vegetables, basil and garlic in olive oil on medium-high heat for 7-10 minutes, or until vegetables are tender.
8. Spread 1 wedge cream cheese on a crepe. Add $\frac{1}{4}$ cup vegetables, roll up and place seam side down on plate. Repeat with remaining ingredients.