

Teff Crepes with Sautéed Spinach and Mushrooms



Recipe courtesy of Kathryn Conrad, WGC

Culinary Advisor

Crepes are easy to make with gluten-free grains. This recipe uses teff, but you can easily substitute any other grain - or in fact, any other filling!

INGREDIENTS

Crepes:

1/2 cup teff flour
1/8 teaspoon salt
1/2 cup whole milk
1 large egg
1 tablespoon butter, melted

Filling:

1 tablespoon extra-virgin olive oil
8 ounces crimini (or other) mushrooms, sliced
6 cups fresh baby spinach
Salt
Freshly ground black pepper
Ricotta Salata, feta or parmesan cheese

INSTRUCTIONS

1. To prepare crepes, combine the teff flour and salt in a medium bowl; set aside.
2. In a separate bowl combine the milk, egg and melted butter. Add the wet ingredients to the flour mixture and stir with a whisk until smooth. Cover and set aside.
3. To prepare filling, heat oil in a large nonstick skillet over medium-high

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heat. Add mushrooms and sauté 5 minutes or until tender and beginning to brown at the edges. Add the spinach; sauté 1 minute or until just wilted. Salt and pepper to taste. Removed from heat and keep warm.

4. Wipe nonstick skillet with a paper towel and return to heat. Pour a scant 1/4 cup of batter into the pan and immediately tilt the pan in a circular motion to create a thin crepe. Cook 45 seconds or just until the surface of the crepe is set. Turn with a spatula and cook for an additional 30 seconds.

5. Transfer cooked crepe to a clean kitchen towel. Repeat procedure with remaining batter for a total of 4 crepes.

6. Divide the spinach and mushroom filling among the crepes; roll or fold the crepes over the filling. Sprinkle with ricotta salata, feta or parmesan and serve immediately.

makes: 2 servings

serving size: 2 crepes

The Balanced Body Center

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