



Strawberry & Ricotta Stuffed Crepes

INGREDIENTS

CREPE BATTER:

- 4 large eggs
- 2 Tbsp olive oil
- 1 pinch salt
- 1 ¼ C. milk
- 1 C. + Tbsp flour
- Strawberry jam
- Orange supremes (optional)
- Mint leaves (optional)

RICOTTA FILLING:

- 1 lb part-skim ricotta cheese
- 2 Tbsp sugar
- Zest of 1 orange

STRAWBERRY TOPPING:

- 3 baskets strawberries
- 2 Tbsp granulated sugar
- 4 Tbsp strawberry jam
- Orange juice as needed

DIRECTIONS

RICOTTA FILLING:

Place ricotta in a fine strainer overnight to drain any extra liquid. Mix together the ricotta, orange juice and sugar and set aside.

STRAWBERRY TOPPING:

Slice strawberries. Combine strawberries, sugar, jam and orange juice. If desired, orange juice may be replaced with Cointreau. Set aside.

CREPES AND ASSEMBLY:

Whip together the eggs, olive oil, salt and milk. Gradually whip in the flour. Let rest for 20 minutes, then whip again.

Place approximately 2-3 oz of batter in a warm non-stick sauté pan and cook on both sides. Crepes can be stacked after cooking.

Once crepes are cool, spread with strawberry jam, a scoop of filling and roll them up. Place in a greased glass baking dish and cover.

Bake at 325°F for 35 minutes. Top with strawberry sauce and serve. Garnish with orange supremes and mint, if desired.

NUTRITION FACTS:

Makes 12 servings (serving size 1 crepe) Per serving: 230 calories, 8g fat, 3g saturated fat, 86mg cholesterol, 111mg sodium, 31g carbohydrates, 1g fiber, 18g sugar, 9g protein.