



Cottage Cheese Crepes with Cherries

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 11

Category: Basic Food
Manufacturer: (None)

Ingredients

0.330 c. BOB'S RED MILL Flour, Organic, Kamut
2.000 T. Flour, Whole Wheat
1.125 t. MORTON Salt, Table, Iodized
0.330 c. Juice, Apple, Unsweetened, Canned
0.500 fl. oz. Water, Tap
1.500 T. Water, Tap
1.000 item Egg, Raw
4.000 t. Margarine
1.000 c. Cottage Cheese, Creamed, 4% Fat
2.000 c. Cherries, Sweet
0.250 c. CARY'S Syrup, Artificial Maple Flavor, Sugar Free

Nutrition Facts

Serving Size 1.00 serving(s) (207g)

Amount Per Serving			
Calories	212	Calories from Fat	69
% Daily Value			
Total Fat	7.7g		10 %
Saturated Fat	2.1g		10 %
Trans Fat	0.7g		
Cholesterol	55.4mg		18 %
Sodium	946.8mg		41 %
Total Carbohydrate	29.2g		11 %
Dietary Fiber	3.2g		11 %
Sugars	13.3g		
Protein	10.0g		
Vitamin A	7 %	Calcium	5 %
Vitamin C	6 %	Iron	5 %

Instructions

To make the crepes: In a large bowl, combine the kamut flour, pastry flour, and salt. In a small bowl, whisk together the apple juice, 1/2 cup water, egg, and 2 teaspoons of the margarine. Whisk into the flour mixture to make a smooth batter. Melt 1 teaspoon of the remaining margarine in an 8" nonstick skillet coated with cooking spray over medium heat. Pour 3 tablespoons of batter into the skillet and tilt the skillet to coat the bottom with a thin layer of the batter. (If the batter seems too thick, add 1 to 2 tablespoons water.) Cook the first side for 1 minute, or until lightly browned. Turn and cook the second side for 30 to 60 seconds. Slide the crepe onto a plate. Cover with foil to keep warm. Continue making crepes in the same fashion, adding the last teaspoon of margarine to the pan after making the second crepe.

To make the filling and assemble: Place a crepe on a plate, attractive side down. Arrange 1/4 cup of the cheese and 1/2 cup of the cherries in a line in the center of the crepe and fold in quarters. Repeat with the remaining ingredients to make 4 crepes. Drizzle with syrup.

Makes 4 crepes