

## Papa's Chicken & Cheese Crepes

### Ingredients

#### Crepes

- 1  $\frac{3}{4}$  cup LACTAID® Reduced Fat Milk
- 2 tbsp. water
- 1  $\frac{1}{2}$  cups all-purpose flour
- 2 eggs
- 1/8 tsp. salt
- Non-stick cooking spray

#### Filling

- 2 cups shredded or ground chicken, breast meat only
- 1 tbsp. margarine
- 1 tbsp. minced garlic
- 1 cup diced red pepper
- 1 cup diced onion
- Salt and pepper (to taste)
- $\frac{1}{2}$  cup shredded reduced fat cheddar cheese\*

#### Garnish

- 2 tbsp. diced red pepper
- 2 tbsp. diced green pepper

### Preparation

#### *Crepes*

1. **WHISK** all ingredients together in a bowl to make crepe batter.
2. **SPRAY** a frying pan lightly with non-stick cooking spray and heat on medium-high heat.
3. **REMOVE** pan from direct heat and pour 1/4 cup of crepe batter into pan. Tilt pan in a circular motion until bottom is evenly coated.
4. **RETURN** pan to heat and cook crepe for approximately 1 minute, until bottom is light brown. Loosen crepe edge with a rubber spatula, turn, and cook the other side.
5. **REPEAT** until crepe batter is finished.

#### *Chicken Filling*

1. **PREHEAT** oven to 350 F.
2. **COOK** chicken in a separate frying pan over medium high heat.
3. **ADD** margarine, garlic, red pepper, and onion to pan. Add salt and pepper to taste. Cook for additional 5 minutes or until mixture is cooked thoroughly.
4. **SPOON** 2-3 tbsp. chicken mixture onto crepe and lightly sprinkle with cheese.
5. **ROLL** crepes and place seam-side down in a baking dish.
6. **BAKE** in preheated oven for 10 minutes.

7. **GARNISH** with diced red and green peppers.

*\*Cheddar cheese may contain lactose. You can still enjoy this recipe by using LACTAID® Fast Act Dietary Supplements.*

## **Nutrition Information**

**Serves:** 1 crepe

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### **Amount Per Serving:**

Calories 390

Calories from Fat 160

Total Fat 18g

Saturated Fat 6g

Cholesterol 345 mg

Sodium 290 mg

Total Carbohydrate 32g

Dietary Fiber 2g

Sugars 8g

Protein 29g

Calcium 190 mg