

Crepes with Vegetable Filling

Crepes

135 grams (1 cup, tightly packed) Cambrooke Foods MixQuick
1 cup water
1 Tablespoon sugar

Combine ingredients in a bowl. Mix with a fork or wire whisk until completely blended and batter is smooth. Refrigerate 30 minutes.

Brush 8- or 9-inch nonstick skillet lightly with oil. Heat pan on medium-high heat for 2 minutes. Sprinkle with a few drops of water. If it sizzles, pan is hot enough.

Quickly pour 3 Tablespoons of batter into pan. Tilt in all directions to coat bottom evenly with batter. Immediately pour excess batter back into bowl.

Cook for 1 minute on first side. Flip with spatula and cook 30 seconds on second side. Repeat with remaining batter. Place waxed paper between cooked crepes to prevent sticking and stack them on a plate. Fill as desired

0.3 mg phe per crepe

Vegetable Filling

¼ cup asparagus
½ cup peppers
2 Tablespoons onion
¼ cup zucchini
garlic salt, to taste
pepper, to taste
1 Tablespoon olive oil

Chop vegetables. Saute in olive oil. Add garlic salt and pepper.

Yield: 4 servings 15 mg phe per ¼ cup serving



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