

# 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*



Cristine M. Trahms Program for Phenylketonuria  
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>