

# Wild Mushroom Crepes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 1 crepe with 2 ounces of filling

Ingredients	Quantity	Measure
<b>Crepe</b>		
Soymilk, unsweetened	1	cup
Water	2/3	cup
Non-dairy margarine	1/4	cup
All-purpose flour	1	cup
Salt	1	teaspoon
<b>Wild mushroom filling</b>		
Non-dairy margarine	2	tablespoons
Wild mushrooms, trimmed, thinly sliced	1 1/4	pounds
Sea salt, fine	1/2	teaspoon
Rosemary, finely chopped	1 1/2	teaspoons
All-purpose flour	1	tablespoon
Nutmeg, ground	1/8	teaspoon
Soymilk, unsweetened	3/4	cup
Parsley, finely chopped	3	tablespoons

## Preparation

### Wild mushroom filling

1. Melt 1 tablespoon of the margarine in a large skillet over medium heat.
2. Add mushrooms and salt. Cook, stirring frequently, until mushrooms are browned, about 10 minutes.
3. Stir in rosemary.
4. Transfer mushrooms to a bowl.
5. Return the skillet to medium heat and melt remaining 1 tablespoon margarine.
6. Stir in flour and cook, continuously stirring for 1 minute. Return mushrooms to the skillet and stir in nutmeg and 2 tablespoons of the parsley.
7. Spoon filling into 12 crêpes and roll closed.
8. Place in an oiled 9x13-inch pan and bake at 425°F until heated through, about 10 minutes.
9. Garnish with 1 tablespoon parsley.

### Crepe

1. Lightly spray crepe pan with oil.
2. Ladle 2 ounces batter in pan.
3. Slightly brown and flip.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 126 Total Fat: 7.5g Saturated Fat: 2.5g Carbohydrate: 13g Protein: 3g Sodium: 366mg  
Vitamin A: 23µg Vitamin C: 2mg Calcium: 52mg Iron: 1mg Folic Acid: 44µg