THE J.M. SMUCKER Co

Spinach and Cheese Crêpes

Prep Time	Cook Time	Serves	Difficulty
30 mins	30 mins	8	N/A

Ingredients

- 1/2 cup (125 mL) frozen spinach, cooked and squeezed dry
- 1 1/2 cups (375 mL) **Five Roses®** All Purpose Bleached White Flour

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- 1/4 tsp (1 mL) salt
- 1 1/2 cups (375 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 1/2 cup (125 mL) water
- 4 eggs
- 2 tbsp (30 mL) butter, melted
- 1-1 1/2 cups (375 mL) shredded Swiss, cheddar or your favourite cheese

Directions

Step 1:

Crêpes: Cook spinach according to package directions. Rinse with cold water and dry well. Chop and reserve.

Step 2:

Combine all ingredients for crepes in a food processor, blender or bowl. Mix until you have a smooth thin batter. Cover and let rest 30 minutes. Add reserved spinach. Puree until blended.

Step 3:

Heat a 10” (25 cm) non-stick skillet or crepe pan over medium heat. Brush pan lightly with butter. Add 1/2 cup (125 mL) batter to pan. Swirl batter to cover pan. Cook until bottom browns, 2-3 minutes, and turn crepe over to cook other side. Flip out onto clean tea towel. Repeat until all batter is used. You should have 8-10 crepes. The first crepe usually does not come out right, so do not worry. Crepes can be frozen at this point. Layer them between waxed paper for easy removal, wrap well with plastic wrap and keep in freezer bag. Just remove as many as needed. Let defrost on counter, about 15 minutes, and follow directions for assembly.

Step 4:

Assembly: Place crepe on clean flat surface. Fold in half, sprinkle about 2-3 tbsp (30-45 mL) cheese over crepe. Fold in half again. Continue with all crepes being used.

Step 5:

Melt 1 tbsp (15 mL) butter in a large skillet over medium heat. Add crepes. Cook 2-3 minutes per side or until browned and cheese has melted. Serve immediately.

Images

