



CREPES FILLED WITH AVOCADO, ROASTED PEPPERS, AND FETA

RECIPE PROVIDED BY: Avocados from Mexico

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 4

INGREDIENTS

CREPES

4 eggs, beaten
1½ cups (375 ml) milk
4 tbsp. (60 ml) melted butter
1 cup (250 ml) all-purpose flour
Pinch of salt

TOPPING

½ cup (125 ml) yogurt
Juice of ¼ lemon
Salt and pepper, to taste

2 cups (500 ml) baby spinach, washed
½ red onion, thinly sliced into rings
2 roasted peppers (homemade or from a jar), sliced into rings
½ cup (125 ml) feta cheese, crumbled
2 avocados, peeled, pitted, and sliced
Chopped chives, for garnish (optional)

INSTRUCTIONS

STEP 1

Put eggs in a bowl and whisk with milk and melted butter.

STEP 2

Mix flour and salt in a large bowl.

STEP 3

Add liquid ingredients to flour and salt. Mix well and whisk until blended.

STEP 4

Add a knob of butter to a skillet over medium heat and cook about ⅓ cup (80 ml) batter at a time, about 90 seconds each side. Set aside.

STEP 5

Mix topping ingredients in a bowl.

STEP 6

Fill each crepe with spinach, onion and roasted pepper rings, crumbled feta, and avocado slices. Roll crepes up, drizzle with dressing, and sprinkle with chives.

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