

## RECIPES

### Foresthill Friendship Club Recipe Chicken Filled Crepes

Chicken crepes make a nice hearty lunch or dinner. It can be assembled ahead of mealtime and baked in oven for 20 to 30 minutes at 350 degrees.

#### **Crepes**

2 Eggs  
Dash of Salt  
2/3 Cup Flour  
1 Cup Milk (can use Skim milk)  
Pam Cooking Spray

To make the crepes mix all the ingredients together. Then spoon 2 tablespoons of batter into an 8inch non-stick skillet. Spray skillet with Pam lightly to prevent sticking. Quickly tilt the pan to distribute the batter to cover bottom of pan. Cook till batter is slightly firm, then flip crepe over and cook around 1 minute, remove crepe from pan and place on a plate. Continue to make 7 more crepes.

#### **Chicken filling for the crepe**

2 tablespoons +2 teaspoons Butter  
2 tablespoons + 1 1/2 teaspoons Flour  
1 1/2 cups Chicken Broth  
Dash of Nutmeg  
Dash of White Pepper  
2 ounces Swiss or Gruyere Cheese, grated.  
8 oz diced cooked chicken.  
1 cup fresh or frozen Peas  
1 cup diced cooked Carrots.  
1 cup cooked sliced Mushrooms.

Melt butter and whisk in flour in a saucepan. Add broth and cook till sauce thickens. Season with white pepper and nutmeg. Reserve 2 tablespoons of cheese, stir remaining cheese in the saucepan until melted and removed from heat. Reserve 1/2 cup of cheese mixture. Now with remaining cheese mixture add the chicken and vegetables. Fill each crepe with 1/8 of chicken filling, rolling crepe up and placing seam side down in baking dish sprayed with Pam. Repeat filling crepes with chicken mixture for a total of 8 crepes. Spoon reserved sauce over crepes and sprinkle reserved cheese over crepes. Bake at 350 degrees for 20 minutes.