



## Savory Crepes with Turkey and Cranberries

Serves 12

### **Crepe Batter:**

1 ½ cups skim milk

½ cup cranberry puree

5 large eggs

1 cup flour

2 tablespoon butter, melted

2 tablespoons sugar

¾ teaspoon salt

1. Combine all ingredients in a large bowl and whisk together until smooth.
2. Let stand for 1 hour at room temperature. Will make 12 small crepes.

### **Filling:**

½ cup sliced onion

2 cups shredded cooked turkey breast

1 garlic clove

1 cup finely chopped granny smith apple

1 cup stuffing

1 tbsp extra virgin olive oil

Salt and pepper to taste

1. Sauté onions, garlic, and apples until fragrant.
2. Add turkey breast and stuffing. Sauté for about 2 minutes.
3. Remove from pan and set aside.

### **Sauce:**

1 cup balsamic vinegar

1/3 cup cranberry juice (not cranberry juice cocktail)

1. Combine vinegar and cranberry juice together.
2. Pour vinegar mixture into sauté pan to deglaze and reduce my half. Sauce will thicken as it cools.

### **Assembly:**

1. Spoon filling into the center of each crepe. Roll up and place one crepe on each plate.
2. Drizzle about 1 tablespoon of reduced vinegar over the two crepes.
3. Repeat steps 1 and 2 until finished.
4. Makes 12 small crepes. Serve with salad greens and fruit for a complete meal. Enjoy!

### **Nutritional Analysis**

Serving Size: 1 small crepe

Calories	212
Fat	7g
Saturated Fat	3g
Cholesterol	110mg
Sodium	229mg
Carbohydrates	13g
Dietary Fiber	1g
Protein	13g

### **Diabetic Exchanges**

Fat	1.5
Carbohydrate	1.5
Protein	2