

Chicken, Broccoli and Rice Crepes

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A family favorite in our house! Make 10 crepes, serving size 2 crepes, 6 FSP

Crepes

- 2/3 cup flour
- 3/4 cup 1% milk
- 2 Tbsp light butter, melted
- 1/4 tsp salt

Filling

- 2 cups chicken, cooked and cubed small
- 2 jars Heinz fat free chicken gravy
- 1 1/2 cups cooked rice
- 2 Tbsp finely chopped onion
- 1 1/2 cups cooked broccoli, chopped

Crepes

1. Mix all ingredients together. Let batter sit for 30 minutes. Prepare filling while waiting for batter to sit
2. To make crepes, with burner on medium heat, pour about 1/4 cup into a small (8 inch) pan that has been sprayed with cooking spray.

3. Move the batter around to cover the bottom. When the bottom is golden brown, and the edges begin to curl, flip over. Cook until golden on that side. Remove from pan and keep moist by covering with a damp paper towel. Repeat for 10 crepes. **You will need to turn the burner down as you cook more, they cook very fast in a hot pan**

Filling

1. While crepe batter is resting, make the filling.
2. Mix together chicken, rice, broccoli, onion and 1 cup of gravy.
3. In a 9×13 baking dish that has been sprayed with non stick spray, pour in the rest of the 1st jar of gravy and spread around the bottom of the pan.

Assembly

1. Take one crepe and spread 1/10 of the filling down the center. Fold ends over, sealing the flaps with some gray. Lay in the pan.
2. Repeat with remaining crepes and filling. When all the crepes are done, pour the second jar of gravy over the top of crepes. Bake at 350 for 30 minutes