

# Chicken, Broccoli, Rice Crepes

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

### Crepes

- 2/3 cup flour
- 3/4 cup 1% milk
- 3 eggs
- 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 1/2 cups cooked, chopped broccoli

### Filling

1. While crepe batter is resting, make 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, spread around the bottom of the pan

## **Crepes**

1. Mix all ingredients together. Let batter sit for 30 minutes
2. 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. Make the rest of the crepes

## **Assembly**

1. Take one crepe and spread 1/10 of the filling down the center. Fold ends over, sealing the flaps with some gravy. Lay in 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.