



Sweetened Ricotta & Apricot Crepes

http://www.eatingwell.com/recipes/ricotta_crepes.html

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Lightly sweetened ricotta, toasted almonds and a drizzle of apricot jam give these crepes a sophisticated edge. Try them for brunch or dessert.

6 crepes | **Active Time:** 30 minutes | **Total Time:** 1 hour (including 30 minutes resting time)

Ingredients

- 1/2 cup whole-wheat flour, preferably white whole-wheat (see Tip)
- 1/2 cup all-purpose flour
- 1 teaspoon plus 1 tablespoon sugar, divided
- 1/4 teaspoon salt
- 3 large eggs
- 1/2 cup low-fat milk
- 2 teaspoons canola oil or melted butter
- 1/2 cup seltzer water
- 1 1/4 cups part-skim ricotta
- 1/4 teaspoon vanilla extract
- 6 tablespoons apricot jam
- 1 tablespoon water
- 6 tablespoons toasted sliced almonds (see Tip)

Preparation

1. Process whole-wheat flour, all-purpose flour, 1 teaspoon sugar, salt, eggs, milk and oil (or butter) in a blender or food processor until smooth, scraping the sides once or twice. Transfer to a bowl, cover and refrigerate for at least 30 minutes or overnight.
2. Slowly whisk in seltzer into the batter. Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Ladle 1/3 cup batter into the center of the pan; immediately tilt and rotate the pan to spread evenly over the bottom.
3. Cook until the underside is lightly browned, about 30 seconds to 1 minute. Using a heatproof silicon or rubber spatula, lift the edge, then quickly grasp the crepe with your fingers and flip. Cook until the second side is lightly browned, about 20 seconds. Slide onto a plate.
4. Repeat with the remaining batter, spraying the pan as needed and stacking crepes as you go. If the pan begins to smoke, reduce the heat to medium. Cover crepes with a clean kitchen towel or keep warm in a 200° F oven.
5. Stir ricotta, vanilla and remaining 1 tablespoon sugar together in a small bowl. Combine apricot jam and water together in a small saucepan. Cook over medium heat until hot and bubbling; remove from the heat.
6. To assemble, place a crepe on a clean cutting board. Spread about 3 tablespoons of the ricotta mixture in the center, leaving a 1- to 2-inch border. Top with 1 tablespoon almonds. Fold in the sides to make a square shape, leaving a "window" in the center. Press down on the corners, as necessary, to help keep the crepe folded. Drizzle a tablespoon of the hot jam on top. Repeat with the remaining crepes and filling.

Nutrition

Per serving :291 Calories; 11 g Fat; 4 g Sat; 5 g Mono; 110 mg Cholesterol; 35 g Carbohydrates; 13 g Protein; 2 g Fiber; 214 mg Sodium; 210 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 starch, 1 carbohydrate (ither), 1 medium-fat meat, 1 fat