DietCloud – Recipe

Recipe Name: Whole Wheat Crepe Recipe With Herbed Vegetables

Diet Type: Vegetarian

Course: Lunch

Cuisine: Coorg

Quantity:



Description

This wholesome Whole Wheat Crepe with Herbed Vegetables offers a delightful and nutritious meal, perfect for a light lunch or dinner. A tender whole wheat crepe is filled with a vibrant medley of sautéed broccoli, bell pepper, and what appear to be mushrooms, alongside onion, seasoned with fragrant Italian herbs and a creamy, flavored cheese spread. Garnished with fresh parsley, it's a satisfying dish that brings together texture, flavor, and health benefits in every bite.
[PROS]
- Rich in fiber from whole wheat flour and vegetables, aiding digestion and promoting satiety.
- Packed with essential vitamins, minerals, and antioxidants from fresh vegetables, supporting overall health.
- Provides sustained energy due to complex carbohydrates from whole wheat, preventing blood sugar spikes.
[CONS]
- The flavored cheese spread may contain higher sodium or saturated fat, depending on the brand and quantity used.
- Preparation time can be slightly longer due to making crepes from scratch, which might not be ideal for quick meals.
[DIETITIAN REVIEW]
This recipe is an excellent choice for a balanced and nutrient-dense meal, leveraging the benefits of whole grains and a colorful array of vegetables. It provides essential fiber, vitamins, and minerals, making it a great option for promoting digestive health and sustained energy. Careful selection of a low-sodium, lower-fat cheese spread would further enhance its nutritional profile. Score: 8/10

Ingredients

Ingredient	Quantity
• Whole Wheat Flour	1 cup
• Salt	1 pinch
• Italian seasoning	1 teaspoon
• Cheese spread - flavoured	1/4 cup
• Broccoli - cut into florets	1
• Onion - thinly sliced	1

- Red Bell pepper (Capsicum) - diced 1

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- Salt - to taste

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- Parsley leaves - roughly chopped 2 sprig

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Preparation

• 1.

• Prepare the Crepe Batter: In a large bowl, whisk together the whole wheat flour, 1 pinch of salt, and Italian seasoning.

• Gradually add water (as needed, approximately 1.

• 5 cups) while whisking constantly until a smooth, thin batter without lumps is formed.

• Let the batter rest for 10-15 minutes.

• 2.

• Cook the Crepe: Heat a non-stick pan over medium heat.

• Lightly grease if necessary.

• Pour about 1/4 cup of batter into the pan, tilting it to spread the batter evenly into a thin circle.

• Cook for 1-2 minutes until the edges are set and the surface is dry, then flip and cook for another 30-60 seconds.

• Transfer the cooked crepe to a plate and repeat with the remaining batter.

• 3.

• Sauté the Vegetables: In the same non-stick pan over medium heat, sauté the thinly sliced onion until softened.

• Add the broccoli florets and diced red bell pepper.

• Cook for 5-7 minutes, stirring occasionally, until the vegetables are tender-crisp.

• Season with salt to taste.

• 4.

• Assemble the Crepe: Lay one cooked whole wheat crepe flat.

• Spread 1/4 cup of the flavored cheese spread evenly over one half of the crepe.

• 5.

• Fill and Serve: Spoon a generous portion of the sautéed herbed vegetables over the cheese spread on one half of the crepe.

• Fold the other half over to create a semi-circle.

• Garnish with roughly chopped parsley leaves and serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
628	27	106.2	14.5	17.6	10.7