

Buckwheat Crepes *a la* Spinach, Mushroom and Cheese

1 1/4 cups **buckwheat** flour
3 large eggs
1/4 cup vegetable oil plus additional for skillet (or use cooking spray)
3/4 cup nonfat milk
1 1/4 cups (or more) water
1/4 teaspoon salt

Place flour in medium bowl. Whisk in eggs, 1/4 cup oil, milk, 1 1/4 cups water, and salt.

Heat 10-inch-diameter nonstick skillet over medium-high heat; brush pan with oil. Add 1/4 cupful batter to skillet; tilt to coat bottom. Cook crepe until golden on bottom, adjusting heat to prevent burning, 30 to 45 seconds. Using spatula, turn crepe over; cook 30 seconds. Transfer to plate. Repeat with remaining batter, stacking crepes between sheets of plastic wrap. Can be made 1 day ahead. Cover; chill.



Spinach Mushroom Filling

- 4 tablespoons extra virgin olive oil
- 2 chopped shallots
- 15 oz white mushrooms washed, feet trimmed, finely sliced
- 2 tablespoons dried oregano
- 1/2 teaspoon ground nutmeg
- 2 garlic cloves, crushed
- 1/2 teaspoon salt, optional
- 1 pinch ground pepper
- 10 oz baby spinach leaves
- 2/3 cup condensed milk
- 1 ½ cups grated cheese, Swiss or gruyere

In a pan, under medium heat, warm olive oil then add the shallots. Stir for 1-2 minutes until fragrant. Add the sliced button mushroom all at once, stir and cook for 5-8 minutes until fried on all sides until they begin to brown. Reserve ½ cup mushrooms to top crepes as garnish.

Stir in the dried oregano, nutmeg, garlic, salt and pepper. Stir in spinach. Cover with a lid and cook until just wilted - 1 or 2 minutes. Uncover and stir in the condensed milk. Simmer 2-3 minutes.

Spray a hot skillet with vegetable oil or cooking spray. Place a crepe in the pan - first side you cooked in the pan. Add grated cheese to crepe. Add spinach/mushroom filling more cheese and close the crepe. Cook 1-2 minutes on both sides until brown, crispy and cheese is melted. Top with reserved sautéed mushrooms.

Possible Dessert Toppings for Crepes

Sauteed Bananas (non-stick pan for 3-4 minutes), melted dark chocolate (glass container in microwave for 30 seconds), mixed berries!

Easy French Vinaigrette Salad

For the vinaigrette

- 4 tbsp dijon mustard
- 6 tbsp balsamic vinegar
- ½ cup olive oil
- 2 cloves small garlic minced
- 1/2 tsp sea salt
- pinch of freshly ground black pepper
- juice of 1 lemon, zest of 1 lemon
- 2 tablespoons fresh parsley, chopped

For the salad

- 3 (5 oz.) bags of arugula
- 1 pound asparagus tough ends trimmed
- olive oil to drizzle over asparagus
- sea salt to sprinkle over asparagus, optional
- 1 cup sliced cooked beets canned, jarred, home-cooked
- 1 cup whole walnuts or pecans toasted



- 1 can hearts of palm, sliced into rounds
- 8 oz goat cheese with herbs

To create the salad

1. Preheat the oven to 400°F. Line a baking sheet with a piece of parchment paper. Cut the asparagus into 1 1/2" long pieces. Spread the asparagus out onto the prepared baking sheet. Drizzle olive oil over the asparagus along with a sprinkle of sea salt. Roast for 4 to 5 minutes, until the asparagus is tender but still has a bite. Allow the asparagus to cool before using.
2. Toss the arugula with the asparagus in a large bowl; temporarily set aside.

To create the dressing

Whisk the mustard and balsamic vinegar in a cereal-sized bowl. Slowly add the olive oil a tablespoon at a time to make sure that dressing is combined and emulsified; add in the remaining dressing ingredients.

To assemble

Toss the salad with the vinaigrette until everything is lightly coated in the dressing. Then garnish the salad with the sliced beets, toasted nuts, hearts of palm and slices of goat cheese around the perimeter of the salad.