



# ASPARAGUS WITH CARROT CREPES

## Ingredients

### Crepes:

- 2 large carrots
- 1 1/4 cups milk
- 3 eggs
- 3/4 cup flour
- 1 tablespoon chopped fresh oregano
- 2 tablespoons chopped fresh chives
- 1 cup cooked wild rice, divided
- 2 cups breadcrumbs

### Filling:

- 1/2 pound asparagus, ends trimmed
- 3 cremini mushrooms, slice (about 1 cup)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 3 tablespoons chopped garlic
- 3 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh oregano
- 1/3 cup blue cheese crumbles

over medium low heat. Coat bottom of pan with cooking spray, then pour a small amount of batter into pan, about 1/2 cup. Swirl pan to distribute batter across the bottom of the pan. Cook until the top of the crepe is completely dry and the bottom is lightly browned, about 3-4 minutes. Flip the crepe and cook an additional 3 minutes. Remove to a plate to cool.

For the filling, put 1 tablespoon olive oil in a medium skillet and add the mushrooms, salt, pepper, and paprika. Add the garlic, chives, and oregano. Cook for about 2 minutes. Add the asparagus and cook until warmed through. Add the blue cheese, stir into the mixture and remove from heat.

Fill each crepe with about 1/4 cup of the filling, then fold the crepe in half and set aside. Heat a skillet over medium low heat, add 1 tablespoon of olive oil. Brush a little of the batter on the inside edge of the crepe, and then on one side. Sprinkle breadcrumbs on the batter and place face down in the skillet. Brush top half of crepe with batter and sprinkle with breadcrumbs. Cook for 2-3 minutes or until breadcrumbs are golden. Flip crepe and cook other side 2-3 minutes more. Add additional oil to the skillet as needed between batches of crepes.



### Directions:

Cut your carrots so that they are roughly the same size as the asparagus spears. Steam the carrots and asparagus for 20 minutes, or until cooked through. Cool and cut asparagus into 2 inch pieces.

Place the carrots in a food processor or blender and process with the milk until smooth. Add the eggs and pulse. Add the flour, oregano, and chives and 1/2 cup of wild rice. Pulse to mix well. Stir in the last 1/2 cup wild rice with a spoon—leave this rice whole! Set aside about 3/4 cup of the batter. It will be used to coat the crepes and help the breadcrumbs stick.

To cook the crepes, heat a small non-stick skillet over medium low heat. Coat bottom of pan with cooking spray, then pour a small amount of batter into pan, about 1/2 cup. Swirl pan to distribute batter across the bottom of the pan. Cook until the top of the crepe is completely dry and the bottom is lightly browned, about 3-4 minutes. Flip the crepe and cook an additional 3 minutes. Remove to a plate to cool.

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