

Breakfast Blintzes

INGREDIENTS

1 cup all-purpose flour
1-1/2 cups skim milk
1 egg
Nonstick spray coating
1/2 teaspoon shortening
1 16-ounce carton dry cottage cheese
1 egg white
1 tablespoon sugar
1/2 teaspoon finely shredded orange peel
2 tablespoons orange juice
1/4 teaspoon ground cinnamon
Strawberry Preserves (Allfruit or Sorrel Ridge)

DIRECTIONS

For crepes, combine flour, milk, and the one egg. Beat with rotary beater till blended. Spray a 6-inch skillet or crepe pan with nonstick spray coating. Preheat skillet over medium heat. Remove from heat and pour in about 2 tablespoons batter. Lift and tilt skillet to spread batter. Return skillet to heat and brown crepe on one side only. Remove from pan. Repeat with remaining batter to make 15 crepes total. Brush skillet as needed with shortening between cooking of crepes.

For filling, in a blender container or food processor bowl combine cottage cheese, egg white, sugar, orange peel, orange juice, and cinnamon. Blend or process till smooth. Spoon about 2 tablespoons cheese mixture onto the unbrowned side of each crepe. Fold 2 opposite edges of crepe over top of filling. Fold in remaining edges, forming a square packet. Repeat with remaining filling and crepes.

Spray a shallow baking pan with nonstick coating. Arrange blintzes in pan. Bake in a 350° oven 15 to 20 minutes or till heated through. Serve with Strawberry Sauce.

Serves 5.
Calories: 257/serving

TIME

Preparation Time: 55 min.

NUTRITIONAL INFORMATION PER SERVING:

23g protein
34g carbohydrate
3g fat
62mg cholesterol
74mg sodium
308mg potassium

-Low Fat -Low Cholesterol -Low Sodium