

CHICKEN CHEESE ROLL-UPS

Makes: 6 roll-ups

Ingredients (Crepes):

1/2 cup Wheat-Free Market All-Purpose Baking Mix

1/4 teaspoon sea salt

1/4 teaspoon onion powder

1 large egg

1/4 cup heavy cream*

1/4 cup water*

Butter for pan

*Or a total of 1/2 cup of milk can be used in place of the cream and water.

Ingredients (Filling):

1-1/2 cup of favorite shredded cheese such as sharp or Colby

1 cup rotisserie chicken, chopped

Favorite all-purpose seasoning

Directions:

In a medium bowl, blend baking mix with salt and onion powder. Then add egg, cream and water. Whisk until all ingredients are incorporated.

Heat a crepe pan or frying pan (one that doesn't stick easily) over medium heat. Add a little bit of butter and allow it to coat the entire pan. Then, using a paper towel, wipe out any extra butter.

Add 2 tablespoons of the crepe batter to the center of the pan and tilt the pan until the batter has spread out into approximately a 5-6 inch circle. (You can also use the back of a spoon to spread out the batter.) Allow the crepe to cook 60 seconds or until the bubbles form and pop and the crepe begins to set. Carefully flip and cook for another 45- 60 seconds. Transfer crepe to a cooling rack and repeat the process for the remaining 5 crepes.

Preheat broiler in oven. Top each crepe with about 2 tablespoons of cheese (spread out over the entire crepe) and 2-3 tablespoons of chicken. Sprinkle with favorite seasoning and starting at one edge, roll the crepe up and place seam side down on a cookie sheet. Repeat for the remaining crepes being sure to space the stuffed crepes about 2-3 inches apart on the cookie sheet.

Top each roll-up with 2 tablespoons more cheese and place under broiler until the cheese has melted and the edges of the crepe start to brown and the cheese on the pan is crispy. Remove the pan from oven and allow the roll-ups to cool slightly. Serve with sour cream and diced tomato (optional).

For a Mexican twist, add some cilantro and chopped onion to the chicken mixture!

