



[Chicken Mushroom Crepes with Mornay Sauce](#)

Recipe found on [AnnsEntitledLife.com](#)

Prep Time: 30 minutes

Cook Time: 30 Minutes

Basic Crepe Ingredients:

- 1 cup All-purpose Flour
- 2 Eggs
- ½ cup Whole Milk
- ½ cup Water
- ¼ tsp Salt
- 2 TBSP Butter

Chicken Mushroom Filling Ingredients:

- 1 TBSP Butter
- 1 cup Onions, sliced vertically
- 1 Clove Garlic, minced
- 3 cups Baby Portobello Mushrooms, thinly sliced
- ¼ tsp Pepper
- ¾ tsp Salt
- ½ cup Dry White Wine
- ¾ cup Chicken Broth fat free, less sodium if possible
- 2/3 tsp Dry Thyme
- ¼ Low Fat Yogurt
- 2 cups Chicken, cooked skinless, boneless, shredded

Mornay Sauce Ingredients:

- 3 TBSP Butter
- 3 TBSP Flour
- ¾ cup Chicken Broth
- 1 cup Whole Milk
- pinch Salt
- pinch White Pepper
- pinch Nutmeg
- 2 cups Swiss Cheese, shredded

Directions:

- In a blender add all crepe ingredients: flour, eggs, whole milk, water, salt and butter; blend to combine.
- Set batter to chill in refrigerator. Optimally, 1-2 hours, at minimum while you are preparing the filling and Mornay sauce.
- To prepare the chicken mushroom filling:
 - Melt butter in a large, nonstick skillet over medium heat.
 - Add onions and garlic to the butter. Sauté until onions begin to brown (5+ minutes).
 - Add mushrooms, salt, pepper to the onion mixture. Allow to cook 3 minutes until the liquid is evaporated and mushrooms are tender. Stir constantly.
 - Add chicken broth and thyme; cook 2 minutes.
 - Remove chicken mushroom filling from the heat; add the low-fat yogurt. Stir well until thoroughly blended.
 - Add chicken to pan; toss to coat.
- To prepare the Mornay sauce:
 - In a medium sized saucepan melt butter over medium heat.
 - Add flour to make a roux. Stir until the roux is pale yellow and frothy; approximately 2 minutes. (Do not allow roux to brown.)
 - Slowly whisk in whole milk. Continue to whisk until the sauce thickens and comes to a boil; approximately 3 minutes.
 - Reduce heat to a simmer; season with salt, white pepper and nutmeg. (At this point you have béchamel sauce.)
 - Stir in cheese and whisk until melted. If sauce is too thick, add a touch of whole milk to thin, this is now Mornay Sauce.
- Prepare crepe:
 - Heat a lightly buttered frying pan or griddle over medium heat.
 - Pour a scoop of batter into the hot pan.
 - Tilt the pan in a circular motion so that the batter coats the pan evenly.
 - Cook the crepe for 2 minutes until slightly browned at the edges. Loosen with spatula all the way around the crepe.
 - Flip the crepe. Cook the other side.
- To serve:
 - Remove cooked crepe from pan and place on a plate.
 - Place a line of chicken mushroom filling on the crepe, and fold or roll to close.

- Top with Mornay Sauce.
- Serve hot.

- Makes 6 servings Chicken Mushroom Crepes with Mornay Sauce