

Strawberry-Cheese Blintzes

These blintzes make for a fruity and delightfully creamy addition to your brunch.



Looking for something delicious, but low-fat for your Easter brunch? Try these creamy, guilt-free blintzes.

Ingredients:

Crepes

3 large eggs
2/3 cup fat-free milk
2 Tablespoons unsalted butter
1/4 teaspoon salt
1/3 cup whole-wheat flour
Nonstick cooking spray

Filling

1 1/4 cups low-fat cottage cheese
3 ounces Neufchatel cheese
1/3 cup sugar
1 1/4 teaspoons vanilla extract
1 1/4 cups strawberries, chopped

Preparation:

In a small bowl, beat the eggs, milk, butter and salt for about 20 seconds until well combined. Sift the flour into a medium bowl. Then add the liquid mixture, beating until well combined, about 1 minute.

In a food processor, combine cottage cheese, Neufchatel cheese, sugar and vanilla until smooth. Scrape into a bowl and mix in the chopped strawberries.

Spray the bottom of a crepe pan or heavy 7-inch skillet with cooking spray. Set over medium heat for about 30 seconds or until a drop of batter sizzles. Pour 2 tablespoonfuls of batter into the skillet and quickly tip it back and forth so the batter evenly coats the bottom. Cook for a minute, or until crepe edges are golden brown. Slide a spatula under the crepe, flip it over and cook for 30 more seconds. Transfer to a warm plate and repeat with the remaining batter, spraying the skillet with cooking spray as needed.

Divide the filling evenly among the crepes. Roll up and serve warm.

Nutrition Facts

Yield 12 servings

Amount Per Serving (1 blintze)

Calories 113

Fat 5 g

Saturated fat 3 g

Cholesterol 56 mg

Protein 6 g

Carbohydrates 11 g

Fiber 1 g

Sodium 192 mg

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