

**Cleveland County Kitchen**  
**December 2019**  
**Food of the Month – Eggs**  
**Recipe – Crepes**  
**Chef: Tommy Forney**



**Yield: 4 servings**

**Crepes**

**Ingredients**

- 1/2 cup whole wheat pastry flour, buckwheat flour or all-purpose flour
- 2/3 cup milk (I use Almond milk)
- 2 large eggs
- 3 tablespoons melted salted butter, divided



**Directions**

1. Combine milk, eggs, 1 tablespoon melted butter, 1/2 teaspoon salt and flour in a blender; blend to combine (about 1 minute).
2. Meanwhile, heat large nonstick skillet over medium-high. Wipe skillet with a lightly buttered paper towel. Add enough batter to thinly coat bottom of skillet, swirling pan while pouring (about 1/4 cup batter). Cook crepe until lightly golden, about 2 minutes; flip and cook 1 minute more. Transfer cooked crepe to a plate and cover with a clean kitchen towel. Repeat with remaining batter and stack crepes as they are cooked.

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**Cleveland County Kitchen**  
**December 2019**  
**Food of the Month – Eggs**  
**Recipe – Frittata**  
**Chef: Tommy Forney**



**Yield: 6 servings**

**Ingredients**

- One link of Chorizo, Italian Sausage, 1/4 pound or less of breakfast sausage, etc. cooked mixed greens (Kale, mustard, collards...)
- Half a nice onion, sliced thin long ways
- Couple cloves of garlic, minced
- A cup or so of pumpkin puree (sweet potato could sub)
- Half a cup of fresh or frozen whole cranberries
- 6 eggs
- Salt and Pepper

**Directions**

1. Use a Cast iron skillet about a 10" size, Preheat oven to 350 degrees.
2. Cook onion and garlic in olive oil or butter, medium heat.
3. Add in greens, pumpkin and sausage, mix and add cranberries, cook 12-15 min.
4. Above can be done ahead of time and refrigerated.
5. Beat eggs, add a little milk or water. Number depends on size of pan and size of eggs. Less eggs and Frittata will be thinner.
6. Salt and pepper to taste.
7. Add some grated cheese like Gruyere to the mix if desired.
8. Stir with egg mixture to distribute ingredients and cranberries evenly showing some on top.
9. Cook about 30 min in oven until set and starting to brown on top.
10. Let cool a few minutes and cut slices like pie and serve.
11. Store leftovers in refrigerator.



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