

## Silky Potato Crepes

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	20 minutes
<b>Cooking time</b>	30 minutes
<b>Total time</b>	50 minutes

### Description

These tofu-and-beet-filled crepes are made from mashed potatoes, making them a good choice if you can't tolerate wheat or grains. Beets are a good source of iron, fiber, potassium, and beta-carotene, which is converted to vitamin A in the body.

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### Ingredients

1 1/2 c  
Beet, peeled and finely diced  
4 c  
Potato, peeled and cubed  
2 Tbsp  
Eggless mayonnaise or low-fat sour cream or cream cheese  
1 tspn  
Egg replacer powder  
2 tspn  
olive oil  
1 1/2 tspn  
Salt  
2 1/3 c  
Onion, minced  
1 1/2 c  
Tofu, cut into 1/4-inch cubes  
4 tspn  
Lemon juice  
4 tspn  
Soy sauce  
2 tspn  
fresh ginger juice\*

1 Tbsp  
Maple syrup, or to taste  
1 7/8 tspn  
Black pepper  
1 tspn  
Cornstarch mixed with 1 tsp. water  
2 Tbsp  
Fresh cilantro, chopped, plus 8 sprigs for garnishing

## Instructions

1. Steam the beet for 15-20 minutes until tender. Set aside. Meanwhile, boil the potato until tender. Drain well, then mash and add the mayonnaise, egg replacer, and half each of the oil and salt. Mix well and set aside to cool slightly.
2. Preheat the oven to 350°F. Using 2 large oiled baking trays (nonstick works well), form 4 crepes on each tray by taking 1/3 to 1/2 cup of mashed potato mixture and patting into 5-inch circles. Leave a little space between each crepe. (Use all the mashed potato.)
3. Bake until the underside is lightly browned, about 20-30 minutes. Remove from the heat and cool enough to handle. Using a thin spatula, carefully loosen each crepe from the tray.
4. Meanwhile, heat the remaining 1 tsp. oil in a skillet and sauté the onion until tender. Add a little water if needed to prevent burning. Add the steamed beets and remaining 1/4 tsp. salt.
5. Add the tofu, lemon juice, soy sauce, ginger juice, maple syrup, and pepper and cook until most of the liquid has evaporated. Add the cornstarch mixture and stir until thickened. Remove from the heat and mix in the cilantro.
6. To serve, place approximately 2 Tbsp. filling along one side of each crepe. Roll once and place seam side down on a serving dish. Garnish with a cilantro sprig. (If desired, heat the crepes to warm through first before garnishing and serving.)

## Notes

\*To make fresh ginger juice, simply grate some fresh ginger, then manually squeeze the pulp.

Nutritional Information Per Serving:

Calories: 366, Fat 12g (108 cal), Carbohydrate 46.1g (184 cal), Protein 18.5g (74 cal)

Added information: Saturated Fat 1.7g, Cholesterol 2mg, Sodium 673mg, Dietary Fiber 6g

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Source URL: <http://www.wailana.com/lifestyle/recipe/silky-potato-crepes>