



Savory Crepes

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These hearty savory crepes are stuffed with healthy veggies, mushrooms, delicious chickpeas, and flavorful spices. Pan-fried in a skillet for a nice crunch, these delicious wraps won't disappoint. The recipe is vegan, gluten-free, grain-free, quick, and easy to make.

Course	Brunch, Dinner, Side Dish
Cuisine	vegan
Prep Time	20 minutes
Cook Time	10 minutes
Total Time	30 minutes
Servings	7 crepes
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Equipment

- Food processor*

Ingredients

- 7 crepes or tortillas (*check instructions for my homemade recipe)
- 1/2 tablespoon oil or water
- 1 onion diced
- 4.5 oz (125 g) mushrooms, canned or 9 oz (250 g) fresh
- 10 oz (280 g) chickpeas cooked (or one 15 oz can, drained)
- 1 teaspoon onion powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 tablespoon soy sauce
- Salt, pepper, and red pepper flakes to taste
- 2 garlic cloves minced
- 3 oz (85 g) spinach fresh

Instructions

1. *You can watch the video in the post for visual instructions.*

To make homemade wraps, follow **this recipe**, but use 1 2/3 cup (400 ml) water to make the wraps thin like crepes. You can also use store-bought tortillas, however, the rolls will rather look like burritos.

2. Heat oil over medium heat in a skillet and add the diced onion and mushrooms. Sauté for 3-4 minutes, stirring occasionally. Also add chickpeas, all spices, and soy sauce.
3. Fry for a few more minutes, then add minced garlic and fresh spinach. Cook for 1-2 more minutes, then turn off the heat.
4. Pulse the filling in a food processor (do not over mix).
5. Put about 1 1/2 to 2 tablespoons of the filling onto one crepe (or tortilla), fold in the sides and then roll it up (see step-by-step photos in the blog post). Do this with all remaining crepes. I

had enough filling for 7 crepes.

6. Heat a little oil in a pan and pan-fry the wraps from both sides for a few minutes until golden brown and crispy.
7. Garnish with fresh herbs and serve with your favorite dip (check the recipe notes for suggestions). Store leftovers covered in the refrigerator. Reheat in a pan/skillet or in the oven. Enjoy!

Notes

- **Veggies:** You can add more veggies if you like, for example, zucchini, peppers, or tomatoes. You can use kale instead of spinach or other greens of choice.
- **Chickpeas:** Use canned chickpeas or cook them from dry. You can also use cooked lentils or beans instead of chickpeas.
- **Dip:** I drizzled these savory crepes with **Homemade Vegan Cheese Sauce** but you can also use your favorite **Vegan Cheese** or drizzle them with hot sauce (e.g. Sriracha), ketchup... Some other dip ideas are my favorite **Chinese Garlic Sauce** or my homemade **Hoisin Sauce**.

Nutrition Facts	
Savory Crepes	
Serving Size	1 crepe
Amount per Serving	
Calories	144
	% Daily Value*
Fat 3g	5%
Saturated Fat 1g	5%
Carbohydrates 24g	8%
Fiber 4g	16%
Sugar 7g	8%
Protein 6g	12%

* Percent Daily Values are based on a 2000 calorie diet.