



Legu Crêpes



Red lentil crepes

A salty version of crepes, where the main ingredient is one of **the oldest legumes in history: lentils**. A herbaceous plant that traces its origins to Mesopotamia in ancient times, so old that in the Louvre Museum there are very ancient lentils on display from the tombs of Egyptian pharaohs. Legumes, a very nutritious food and source of energy, are one of the basic categories of the Mediterranean diet.

Lentils: properties and benefits

Lentils are an **important source of nutrients and plant fiber**; the amount of plant fiber not only makes the food highly satiating, but also helps regulate the functions of the intestinal tract, preventing conditions such as constipation, for example.

Lentils also are rich in antioxidants, including flavonoids and

niacin, and provide a fair amount of vitamins, particularly those in the B and K groups. This makes them a true regulatory food for the body.

THE NUTRI-LIPIDOMIC RECIPE:

Legu crepes

Today we prepare a super versatile, tasty and healthy recipe, suitable for those who are intolerant to eggs, and/or lactose, gluten or those who follow a vegan or hyper-protein diet.

Many varieties of lentils can be found on the market; for the nutrilipidomic recipe we chose hulled red lentils, i.e., stripped of the outer skin (more digestible and also suitable for babies in the weaning period).

Red lentil crepes are prepared without milk, eggs or flour, using only raw hulled red lentils. The elastic, pliable texture will make them perfect for any kind of topping.

Ingredients (4 serves):

- 150 g hulled red lentils
- 150 ml water
- 1 pinch salt
- Extra virgin olive oil q.b

Procedure:

1. Rinse hulled red lentils thoroughly and collect them in a bowl. Cover generously with water and let them stand for at least 2 hours.
2. When they appear puffy and split and have doubled their volume, drain them thoroughly.



- Image for illustrative purpose

3. Place 150 ml water and the lentils in a deep mug, then blend with an immersion blender until a smooth batter is obtained.
4. Heat the bottom of a frying pan (if you have a crepe pan you can use it) and grease it with some paper soaked in olive oil. Spread 1 ladleful of batter at a time and cook a few minutes.
5. When the bottom is sufficiently set and firm, gently flip the crepe and brown the other side as well. Remove from the pan and stack the crepes on top of each other.

The crepes will keep in the fridge, well covered with a dish towel, for 1 to 2 days.

Tips for toppings:

The flavor of lentil crepes is neutral, so you can have fun with many variations for the filling.

Here are some tasty savory and sweet ideas:

- Crêpes with goat cheese, bresaola and arugula
- Crêpes with salmon, Philadelphia and beard/fennel seeds
- Crepes with mushrooms and shrimp

- Crepes with honey and thyme
- Crêpes with our wonderful Nutra Nut hazelnut cream with or without milk

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Article by the Editorial Group of Lipinutragen

Recipe created by Andreea Popa, Data Entry and Customer Care Account, cooking lover.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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