



**WILLIAM K. NASSER, MD,  
DINING A LA HEART 20<sup>TH</sup> ANNUAL FUNDRAISER**

**CHOCOLATE-CHIPOTLE CREPE W/ STRAWBERRIES,  
PISTACHIOS & VANILLA BEAN ANGLAISE**

**CREPES**

2 cups non-fat milk  
 $\frac{1}{2}$  cup all purpose flour  
 $\frac{1}{2}$  cup whole wheat flour  
2 egg whites  
1 whole egg  
1 Tbsp. honey  
1 Tbsp. vegetable oil  
2 oz. pistachios, finely chopped

**CHOCOLATE-CHIPOTLE SAUCE**

$\frac{1}{4}$  cup semi-sweet chocolate chips  
 $\frac{1}{4}$  cup nonfat milk  
 $\frac{1}{8}$  tsp. chipotle powder

**Directions:**

**CREPES:**

Place all ingredients into blender and puree. Place non-stick pan onto medium-high heat and spray with non-stick spray. Pour enough crepe batter in pan to cover the bottom and cook on each side for approximately 90 seconds or until golden brown. Reserve crepes.

**CHOCOLATE-CHIPOTLE SAUCE**

Place chocolate chips, chipotle powder and sweetener in mixing bowl. Place milk in sauté pan and bring to a boil; pour into chocolate and whisk to a smooth sauce. Reserve.

**STRAWBERRIES**

Place water, Ideal and honey into sauce pan and bring to a boil. Add strawberries, reduce heat and

1 tsp. Ideal sweetener

**STRAWBERRIES**

2 cups strawberries, quartered  
2 Tbsp. water  
1 Tbsp. Ideal sweetener  
2tsp. honey  
1 tsp. vanilla extract

**ANGLAISE SAUCE**

2 egg whites  
1 whole egg  
1 cup low fat milk  
 $\frac{1}{2}$  vanilla bean, scraped  
 $\frac{1}{4}$  cup Ideal sweetener

cook for approximately 3 minutes or until strawberries are soft.

**ANGLAISE SAUCE**

Place milk and scraped vanilla bean in a sauté pan and bring to a boil. Place egg, egg whites and sweetener in a bowl and whisk together. Slowly add milk into egg mixture whisking as you add. Place back into sauce pan for 2 minutes on medium heat. Strain through chimoise and reserve.

To serve: Lightly brush chocolate sauce onto crepe. Spoon  $\frac{1}{4}$  cup berries into crepe and fold over. Serve with 1 Tbsp. Anglaise sauce.

Yield: 8 servings

Executive Chef Scott Reifenberger, Skyline Club, One American Square, Indianapolis 263-5050

Nutrition Information: 240 Calories, 9 gm fat, 2 gm saturated fat, 0 gm trans fat, 55 mg cholesterol, 30 gm carbohydrate, 3 gm fiber, 10 gm protein, 90 mg sodium

**William K. Nasser, MD 20<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**