

## Wrap up healthy goodness in these roasted veggie crepes



Roasted Veggie Crepes (aka Ratatouille in a Wrap) Photo Susie Iventosch

### By Susie Iventosch

First, we roast a huge tray of assorted vegetables tossed in olive oil with Italian seasoning, salt and pepper. Then we chop it all up, mix it with grated Gruyere cheese and roll it into a freshly cooked crepe. I like to call it "ratatouille in a wrap." It is a dish I could literally inhale, it's that good! I've used an assortment of different vegetables over the years, and we love this combination, but if we are missing your favorite, give it a try

and add it to this recipe. The nutty flavor of Gruyere is perfect with the roasted veggies, but a nice sharp cheddar or even Havarti would also complement the vegetables. You can make this dish either by roasting the veggies or grilling them on the barbecue. Either way, the flavors are delicious as the vegetables begin to caramelize and take on nice brown edges. I especially love grilling big slices of red onion, whenever a recipe calls for onions. If you haven't tried this it's a must! (They are amazing on burgers, too.)

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



### RECIPE

(Makes 6-8 Crepes)

#### Roasted Vegetables

##### INGREDIENTS

1 eggplant, cut into large chunks (no need to peel or sweat the eggplant)  
1 red or orange bell pepper, stem removed and cut into quarters  
2 carrots, (any color or multi-colored) peeled and cut into 2 inch pieces and quartered lengthwise  
2 zucchini, cut into 2-inch pieces and halved lengthwise  
10 ounces cremini mushrooms, cleaned and cut into quarters (stems and all)  
5 Roma or vine-ripened tomatoes, cut in half  
2 cloves garlic, peeled  
2 large red or yellow onions, peeled and cut into eight or so wedges per onion  
2 large shallots, peeled and quartered  
2 cups Gruyere cheese, grated (split roughly in half for inside the crepe and half for on top before baking)  
1 recipe crepe batter (recipe below)

##### DIRECTIONS

Preheat the oven to 425 F.

Clean all veggies and cut into the sizes called for in the ingredient list. You don't have to worry too much about the size, because you will be chopping them anyway. It is mostly designed so they will cook at roughly the same time. Toss with 2 teaspoons Italian herbs, salt and pepper and 1/3 cup extra virgin olive oil, to lightly coat all of the veggies before baking.

Prepare a large baking sheet with cooking spray. Spread veggies out onto the prepared baking sheet in a single layer. If you find that you have too many veggies for your tray, don't worry just use a second tray! Roast the vegetables for 30-40 minutes, or until tender and beginning to brown a little on the edges. Turn them with a spatula about halfway through. At this time, you will probably discover that the tomatoes cook faster than everything else. If so, remove them and set aside while the rest of the veggies continue to cook.

Once veggies are all cooked, remove them from oven, cool to room temperature and coarsely chop veggies together. This step can be made a day or two ahead of time and refrigerated in an airtight container.

#### Crepes

##### INGREDIENTS

1 cup flour  
2 large eggs  
1 3/4 cup milk  
1/2 teaspoon salt  
1/2 stick butter (2.oz) for cooking crepes in frying pan

##### DIRECTIONS

Beat eggs, milk and salt in a bowl. With wire whisk, stir in flour and blend until smooth. Batter should be rather thin.

Heat a small amount of butter over medium heat in an 8- to 10-inch crepe pan or a frying pan with very shallow sides. Drop batter by a soup ladle into the center of the pan and holding the handle, swirl the pan to get the batter to fill in the bottom of the pan. Cook until the crepe looks bubbly and is set enough to flip. This will take about one minute or so. Flip with a large rubber spatula. Cook the second side for just about 30 seconds. Crepes will be like very, very thin pancakes. Repeat until all crepes are cooked. Place each cooked crepe in between sheets of waxed paper until ready to use. Can be made up to two days ahead and refrigerated.

##### To Assemble Crepes:

Working in batches, lay each crepe out flat on a cutting board. Spoon three heaping tablespoons of veggie mixture into the center of the crepe. Sprinkle with a spoonful of grated Gruyere or other cheese of your choice. Roll up tightly and place in casserole dish, seam side down. Continue with remaining crepes until filling is used up. If you have extra filling, heat it and serve it over the cooked crepes or have it for lunch the next day. (It's delicious hot or cold.) Sprinkle the reserved grated cheese over the top of the crepes. Heat through in 350 F oven until filling is hot and cheese on top melts and begins to brown. Serve with a light salad of mixed greens and tomatoes, or shaved carrots.



## Healdsburg: A happy hamlet for escape



Amista Winery

Photos Dan Miller

... continued from Page B1

The menu features comfortable American classics, always with a twist; Char broiled filet mignon features duck fat trumpet mushrooms, and a balsamic onion emulsion. King Salmon 'Char Siu' is coated in a light, garlic-sesame crunch. Start with Palmer's signature Lobster Corn Dogs, crispy little bites of goodness, and end with his decadent, also signature Chocolate Peanut Butter Bar. If you're lucky, classic canelé arrives as a last bite. Though the inviting dining room is currently off limits, Dry Creek Kitchen has pivoted perfectly to offer outdoor dining on its expansive garden courtyard lined with warming heat lamps.

For breakfast or lunch, don't miss Costeaux French Bakery, a Healdsburg mainstay since 1923. Known for its handmade breads, irresistible pastries, and weekend Eggs



Costeaux French Bakery

Benedict, this Healdsburg icon is routinely voted in varied polls as 'best Sonoma County bakery.' And fans of the Food Network might be interested in newly opened Quail & Condor from Chef-Owner Melissa Yanc who won \$25,000 as the network's 2019

winner of the Holiday Baking Championship. Yanc, a professionally trained pastry chef, and husband Sean McGaughey, a sous chef at acclaimed SingleThread, serve up homemade breads, croissants, pastries and pies at this artisan bakery.

## Hastened by COVID, a test optional experiment is underway in college admission

### By Elizabeth LaScala, PhD

The movement toward optional use of standardized tests dates back to 1969 when Bowdoin College in Maine ended testing requirements. Since then, hundreds of colleges have moved in the same direction. This year, as the coronavirus interrupted SAT and ACT exam schedules, a new trend emerged – many prominent schools announced test-optional experiments that will span a year or more. For example, for the upcoming application cycle, the University of Virginia will suspend its ACT/SAT mandate for a one-year pilot and then evaluate the results.

Even before the

disruptions related to the pandemic, skepticism about the value of standardized tests was mounting. Critics have observed that the ACT and SAT are too closely aligned with family income – with scores skewed higher for those who could afford expensive test prep – and exacerbated opportunity gaps for students in lower income brackets, especially those from African American and Latino families. Evidence of those disparities helped drive the influential University of California system to move forcefully away from both the SAT and ACT exams. Last year, the UC governing board voted unanimously to make the SAT and ACT optional for all applicants for two years and then to eliminate the

tests for in-state applicants after that. That represents a momentous leap toward a policy known as "test blind," in which schools do not consider scores at all. UC officials are also exploring the creation of a new test that would provide a better measure of achievement in California's core high school subjects.

On Jan. 19, the College Board added another twist to the test optional experiment by announcing it will no longer offer the one hour SAT subject tests to U.S. students. These exams used multiple-choice questions to cover discrete topics such as math, literature, history, biology, chemistry, physics, and various foreign languages. The tests long

served a niche role in admissions as a way for students to amass extra credentials and demonstrate their prowess to ultracompetitive schools. Along with ending the subject tests, College Board also ditched the optional SAT essay, which added 50 minutes to the main three-hour exam.

As testing mandates recede, we will likely see lasting change in how colleges evaluate applicants. Suspending testing mandates for one or more years raises the question of whether the test-optional pause could become a longer-term policy, leading high school grades, rigor of coursework, letters of recommendation and application essays to have greater weight. To a large extent, these

factors also vary by socio-economic status with more affluent school districts offering more rigorous coursework and many high schools in underserved communities having few or no counselors to write letters of recommendation. Disparities will persist in the admissions world and the test optional experiment is only one of many factors in the equation.

For many individuals, a college education remains an essential first step toward a fulfilling career. It is important for families to stay up to date and informed on the dramatic and ever-changing impact COVID-19 is having on higher education. Staying informed is critical to wise decision-making.



Elizabeth LaScala, PhD personally guides each student through each step of selecting and applying to well-matched schools for undergraduate and graduate school study. Over the past two decades, Elizabeth has placed hundreds of students in some of the most prestigious colleges and universities in the U.S. The number of clients taken is limited to ensure each applicant has personalized attention. Contact Elizabeth early in the process to make a difference in your outcomes. Write [elizabeth@doingcollege.com](mailto:elizabeth@doingcollege.com); Visit [www.doingcollege.com](http://www.doingcollege.com); Call: 925.385.0562.