



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Olive-Chickpea Flatbread

Ingredients

- 2 cups chickpea flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 ½ cups warm water
- 3 tablespoons extra-virgin olive oil
- ½ cup green olives, chopped
- ½ cup black olives, chopped
- 2 tablespoons fresh chives, chopped

Directions

1. In a large bowl, combine chickpea flour, salt and pepper. Slowly whisk warm water into the bowl until it becomes a smooth, thin, lump-free batter. Let stand for 15 minutes.
2. Meanwhile, preheat oven to 400°F and drizzle a 12-inch round pizza pan with olive oil, swirling to coat the bottom. Place the pan in the preheated oven for 2 to 3 minutes.
3. Once the pan is hot, remove it from the oven and pour in the batter. Add green and black olives on top of the batter in a single, even layer. Carefully transfer the pan back to the oven and bake until the flatbread is set and golden brown, about 20 minutes.
4. Remove from the oven and sprinkle with chives. Cut into 8 wedges.

Serves 8

188 calories, 9 g fat, 1 g saturated fat, 20 g carbohydrate, 4 g fiber, 8 g protein, 438 mg sodium

Source: Food & Nutrition Magazine

healthy
IU
healthy.iu.edu
healthyu@indiana.edu