



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Chickpea and Herb Frittata

As a preventative measure against novel corona virus (Covid-19), and with restaurants closed in most areas, people are preferring home cooked meals. Pulses and Edible Beans are nutritious and shelf stable products grown right in our backyards. Many families are turning to Pulses and Edible beans in this time and we are dedicated to show consumers exciting new ways to cook using Pulses and Edible beans in exciting new ways!



INGREDIENTS

- 2 tbsp Unsalted Butter
- 8 Eggs
- 1/2 Cup Milk
- 1/2 Cup Shredded Mozzarella Cheese
- 1 Cup Mixed Herbs (Such as mint, basil, thyme, and oregano) Chopped
- 1 Tsp Curry Powder
- 1 Tsp Salt
- 1/2 Tsp Ground Pepper
- 2 Cup Cooked Chickpeas
- 1/2 Cup Fresh Ciliegine Mozzarella Balls (can substitute any size mozzarella chopped into 1/2 cup of 1/3 oz. pieces)

INSTRUCTIONS

1. Pre-heat the oven to 400 Degrees. Place the butter in an 8-inch cast iron skillet and melt over medium heat on the stove top.
2. In a large bowl, whisk together the eggs, milk, shredded mozzarella, herbs, curry powder, salt, and pepper. Pour the mixture into the hot skillet, then stir in the Chickpeas and fresh Mozzarella.
3. Cook for about 5 minutes, stirring frequently to allow for even cooking, then transfer the pan to the oven.
4. Cook for an additional 15 minutes or until eggs are completely set.

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