



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Jumbo Chickpea Pancake

Savory and satisfying, Jumbo Chickpea Pancakes are a high protein, gluten-free breakfast or lunch. Chickpea flour has an excellent nutrient profile, as it's packed with vitamins, minerals, fiber, and protein but low on calories and carbs. Recipe by Oh She Glows.

INGREDIENTS

- 1 green onion, finely chopped (about ¼ cup)
- ¼ cup finely chopped red pepper
- ½ cup chickpea flour (also known as garbanzo flour or besan)
- ¼ teaspoon garlic powder
- ¼ teaspoon fine grain sea salt
- ⅛ teaspoon freshly ground black pepper
- ¼ teaspoon baking powder
- pinch red pepper flakes (optional)
- ½ cup + 2 tablespoons water
- For serving: salsa, avocado, hummus, cashew cream (optional)

INSTRUCTIONS

1. Prepare the vegetables and set aside. Preheat a 10-inch skillet over medium heat.
2. In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and optional red pepper flakes.
3. Add the water and whisk well until no clumps remain. Whisk it for a good 15 seconds to create lots of air bubbles in the batter.
4. Stir in the chopped vegetables.
5. When the skillet is pre-heated (a drop of water should sizzle on the pan), spray it liberally with olive oil or other non-stick cooking spray.
6. Pour on all of the batter (if making 1 large pancake) and quickly spread it out all over the pan. Cook for about 5-6 minutes on one side (timing will depend on how hot your pan is), until you can easily slide a pancake flipper/spatula under the pancake and it's firm enough not to break when flipping. Flip pancake carefully and cook for another 5 minutes, until lightly golden. Be sure to cook for enough time as this pancake takes much longer to cook compared to regular pancakes.
7. Serve on a large plate and top with your desired toppings. Leftovers can be wrapped up and placed in the fridge. Reheat on a skillet until warmed throughout.

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