



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Chickpea Scramble with Rosemary Socca Flatbread

Start your day out right with this savory, protein-packed breakfast recipe boasting fall veggies and a cranberry tahini sauce.



INGREDIENTS

ROSEMARY SOCCA FLATBREADS

- ¼ cup chickpea flour
- ¼ cup lukewarm water
- ½ tsp grapeseed oil
- 1 tsp crushed rosemary
- salt and pepper, to taste

CHICKPEA SCRAMBLE

- 1 can rinsed and drained chickpeas
- ½ cup roasted sweet potato
- ½ cup thinly sliced roasted brussels sprouts
- 1 tbsp grapeseed oil
- 1 tbsp apple cider vinegar
- 1 tsp crushed rosemary
- salt and pepper, to taste

CRANBERRY TAHINI SAUCE

- ½ cup cranberry sauce
- 2 tbsp tahini
- 2 tbsp water
(or as needed to thin sauce)

TOPPINGS (OPTIONAL)

- 2 tbsp pomegranate seeds

INSTRUCTIONS

CHICKPEA MASH

1. Preheat oven to 450° F. Cut a sweet potato in half, pierce multiple times with a fork, and place on a baking sheet. Halve brussels sprouts and spread them cut side down on the other half of the baking sheet. Drizzle with oil and salt and pepper, place in the oven, and roast until sweet potato is fork-tender and brussels sprouts are browned on edges.
2. Combine chickpeas, sweet potato, brussels sprouts, oil, vinegar, rosemary, and salt and pepper. Mash with a fork or masher. Heat in the microwave or over the stovetop before serving if desired.

CRANBERRY TAHINI SAUCE

1. In a small saucepan over medium heat, combine ½ cup cranberries, 2 tablespoons maple syrup, ½ tablespoon orange juice, and ¼ cup water. Simmer until cranberries burst, about 10 minutes.
2. Add cranberry sauce and tahini to blender and blend until smooth. If the sauce is too thick, add water gradually (one tablespoon at a time) and pulse until the sauce is thin and pourable. (This sauce tends to thicken over time, so you may need to mix with additional water before serving.)

SOCCA


1. Preheat the oven to 450° F and heat a six-inch cast iron skillet (or two) inside the oven. In a mixing bowl, add chickpea flour and gradually stir in water until batter forms. Mix in oil, rosemary, and salt and pepper. Allow the batter to rest on the counter while the oven is heating. (The batter should be relatively thin and pourable, like the consistency of cream.)
2. Carefully remove hot cast iron skillet from the oven and pour half of the batter into the skillet (tilt to cover bottom of entire pan) before returning it to the oven. Bake until flatbread is browned on the edges, about 10-12 minutes (switch on the broiler for the final two minutes if you want extra browning). Remove skillet from the oven and allow flatbread to cool slightly before removing it carefully with a spatula and setting it aside. Repeat baking process with remaining batter. Slice into pieces if desired and set aside.
3. To serve, spread chickpea scramble on flatbread, drizzle with cranberry tahini sauce, and sprinkle pomegranate arils on top. (You can also serve family style.) Enjoy!

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