

## Guest Blog Recipe

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### Chickpea Flatbread with Asparagus, Potato & Rosemary

**Date: May 20, 2015**

Flat breads are as versatile as they are wholesome and delicious. They're essentially blank canvases—soapboxes upon which veggies can stand tall and sing the praises of the season. They make great finger food for appetizers or indeed even complete meals.

With this recipe, we decided to experiment with chickpea flour for the bread's foundation. Chickpea flour is produced by simply milling raw chickpeas and is common in Indian and Middle-Eastern cuisine. Because it's essentially just chickpeas, it contains all the health virtues contained in this much-loved legume; it's high in protein, more nutrient dense than wheat flour and, of course, contains no gluten. Above all, it's deeply flavorful.

As for the vegetables on this dish, we chose to highlight asparagus, a much anticipated spring crop that you can look forward to in your first summer CSA! We chose to accompany the asparagus with black olives, red onion, yukon gold potatoes, ricotta and rosemary. You can use this as a launching pad, or adorn your flat bread with toppings of your own.

**Chickpea Flat Bread:**

Prep time: 30 minutes

Cook time: 45 minutes

**Ingredients:**

- 2 cups chickpea flour, plus extra for dusting
- ¼ cup water
- 1 tsp baking powder
- 1 tsp salt
- 2 Tbl olive oil



