

Indian Chickpea Bread

Adapted from Joy McCarthy's Joyous Health Blog, Rosemary Chickpea Bread

Have you ever had pakoras? They are spicy, Indian vegetable dumplings deep fried in a chickpea batter. My mom makes these on a cold, rainy day. There is almost nothing more comforting than a plate of pakoras and a large cup of Indian chai tea. The vegetables in the pakoras are usually onions or potato slices, but also could be eggplant, cauliflower or broccoli. Although the veggies are healthy, the deep fried batter is not so. Thus, I created this healthy bread that tastes exactly like pakoras. Who knew I could still have the taste of pakoras without the bad fats? This bread is great as a mid afternoon hearty snack and sometimes I have it for breakfast. It will keep you going for hours.



Serves 2 to 4

Ingredients:

- 1 cup chickpea flour (also called garbanzo flour or Besan flour)
- 1 cup water
- 2 tbsp extra virgin olive oil
- 1 egg, whisked
- 1 clove garlic, minced
- 2 tsp smoked paprika
- 1/2 tsp jalapeno flakes (optional or to taste)
- 1 tsp cumin
- 1/2 tsp sea salt
- A dash of pepper
- 1 small red onion, chopped
- 1 and 1/2 cups roasted eggplant, chopped into small pieces (about one small eggplant)
- 1 small tomato, chopped or a handful of grape tomatoes, cut in half
- 1/2 to 1 cup fresh coriander

Directions:

1. Preheat oven to 400 degrees F.

2. Mix flour and water until all the lumps are gone.
3. Add the rest of the ingredients and stir well.
4. Bake in a greased 8 inch round pan or 8 inch square pan for 22 minutes, or until golden brown around edges.

Sansational!

Cook's Tips:

1. You can also substitute the eggplant and tomato with roasted broccoli and/or cauliflower. To roast the chosen veggies, chop and coat with olive oil and sprinkle with sea salt and pepper. Bake in 375 degrees F oven for 20 to 25 minutes and turning halfway through cooking time.
2. Chickpea flour is found in most health food stores and Indian supermarkets. Jalapeno flakes can be found in most Bulk Barn stores.
3. If you don't have time to roast vegetables, this bread is great with just throwing in the onion, tomato and coriander like in this version below:

