

CAULIFLOWER!



CAULIFLOWER AND CHICKPEA FLATBREAD

Yield: 8 Servings

Recipe created by Recipe for Success

INGREDIENTS

FOR THE FLATBREAD

1 recipe pizza dough cut into 2 pieces

FOR THE TOPPINGS

1 cup	canned or fresh tomato
½ inch piece	fresh ginger
½	yellow onion
½	cauliflower
1 cup	canned chickpeas
¼ teaspoon	ground fennel seeds
½ teaspoon	turmeric powder
¼ teaspoon	chili flakes
¼ cup	extra virgin olive oil
1 teaspoon	salt
½ teaspoon	pepper
½ cup	goat or feta cheese
¼ cup	fresh cilantro
¼ cup	fresh parsley

(recipe continued on other side)



COOKING TIP

Cauliflower is a dense vegetable, but when softened by roasting, steaming, boiling, or sautéing, can be mashed with a little skim milk and Parmesan cheese to make a healthy and tasty substitute for Alfredo sauce.

THE WHITE COLOR OF CAULIFLOWER IS KNOWN TO HELP FIGHT OFF CANCERS IN THE BODY.

CAULIFLOWER AND CHICKPEA FLATBREAD CONTINUED

Preheat oven to 500°F.

PREPARE THE VEGETABLES

Pour the tomatoes and chickpeas into a strainer to drain away the juice. Set aside the tomatoes and chickpeas only.

Peel the ginger and finely dice.

Thinly slice the onion and break the cauliflower into small pieces.

Heat a sauté pan with the oil on medium high heat. Add the ginger, onions, salt and pepper and cook until the onions are soft.

Add the tomatoes, chickpeas, and cauliflower.

Add the fennel seeds, turmeric, chili flakes, stir and sauté for 3-4 minutes.

PREPARE THE FLATBREADS

Roll out the dough one piece at a time to ¼ inch thickness. Place on a 10-inch pizza pan and stretch the dough out to fit.

Sprinkle the cheese over each pizza leaving about a ½ inch ring around the edge for a crust.

Pour the cauliflower mixture on top of the dough and spread evenly.

Bake for 20 minutes or until the dough is crispy and the cauliflower begins to slightly brown.

Top the pizza with fresh cilantro and parsley leaves.

Cut into 8 pieces and serve hot or at room temperature.

