

Socca Chickpea Flatbread

with Pepper, Onion & Dandelion Greens

Socca is a thin, crêpe-like flatbread from Liguria, the Northwestern coastal region of Italy. Made using chickpea flour, socca is naturally gluten-free and high in protein. You'll bake this delicious dish and layer it with caramelized onions, peppers and sautéed dandelion greens. While related to the small yellow flowers that pop up in summer, these "culinary" dandelions are specially cultivated for their tender, edible leaves.



Ingredients

- 1 $\frac{3}{4}$ Cups Chickpea Flour
- 4 Ounces Dandelion Greens
- 3 Tablespoons Toasted Hazelnuts
- 1 Red Bell Pepper
- 1 Vidalia Onion
- 2 Teaspoons Za'atar Spice
- 2 Ounces Crumbled Goat Cheese

Makes 2 Servings
About 655 Calories Per Serving



Instructions

1



Make the socca batter:

Preheat the oven to 500°F. In a medium bowl, combine the **chickpea flour**, **1 ¾ cups water** and a drizzle of olive oil. Season with salt and pepper and stir to create a smooth batter. Let stand at room temperature for 10 to 15 minutes.

2



Prepare the ingredients:

While the batter rests, wash and dry the fresh produce. Roughly chop the dandelion greens and hazelnuts. Remove the stem, seeds and ribs of the bell pepper; thinly slice the bell pepper. Peel and thinly slice the onion.

3



Caramelize the onion & pepper:

In a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **bell pepper**; season with salt and pepper. Cook, stirring occasionally, 10 to 12 minutes, or until the vegetables have completely softened and the onion is golden brown.

4



Add the dandelion greens:

Add the **dandelion greens** and cook, stirring occasionally, 30 seconds to 1 minute, or until wilted. Season with salt and pepper. Transfer the cooked vegetables to a bowl.

5



Bake the socca:

Coat the bottom and sides of a sheet pan (or baking dish) with olive oil; pour the **socca batter** into the sheet pan. Using the back of a spoon, evenly spread the batter to cover the bottom of the pan. Top with the **za'atar**; season with salt and pepper. Bake in the oven 12 to 14 minutes (the larger and shallower the pan, the less time will be required), or until lightly browned on the edges and cooked through in the center. Remove from the oven. While still hot, very gently loosen the baked socca from the pan using a spatula.

6



Finish & plate your dish:

With the **baked socca flatbread** still in the sheet pan, cut the flatbread into quarters. Using a spatula, carefully transfer the flatbread to 2 plates. (The flatbread will be delicate.) Top each piece with the **cooked vegetables**. Garnish with the **goat cheese** and **hazelnuts**. Enjoy!