



ZUCCHINI & CHICKPEA FLATBREAD RECIPE

Vata↓, Pitta↓, Kapha↓

Servings: 8 to 12 (depending on size)

Prep Time: 10 minutes

Cook Time: 30 minutes (about 3 to 4 minutes per flatbread)

INGREDIENTS

- 2 medium zucchini, grated (about 3 cups total)
- 1 to 2 tablespoons melted ghee or olive oil
- 1 teaspoon Agni Churna*
- 1/2 teaspoon mineral salt or pink Himalayan salt
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup water
- 2 cups chickpea flour
- 1/2 teaspoon baking soda

**Agni Churna can be replaced with 1/4 teaspoon turmeric, 1/4 teaspoon cumin, 1/8 teaspoon ginger, and 1/8 teaspoon black pepper.

DIRECTIONS

1. Oil your cast iron skillet and place it over medium heat to preheat (it is important to preheat cast iron skillets to ensure even cooking).
2. Grate the zucchini and place it in a large mixing bowl.
3. Add in the ghee or oil, Agni Churna (or similar spice blend), salt, black pepper, and 1/4 cup of water. Stir until evenly blended.
4. Add in the chickpea flour and baking soda; stir until well blended. The final consistency will be a thick liquid batter (just slightly thicker than pancake batter).
5. If your batter seems too thick, stir in more water by the tablespoon but make sure it does not become too thin. Generally speaking, you should not need more than about 2 tablespoons extra.
6. After the skillet is done preheating, reduce the heat slightly to just below medium (I use 3 to 4 on my gas stove).
7. Using a 1/4 or 1/3 cup measuring cup, scoop the batter onto the preheated skillet and spread it out using the back of a spoon. The flatbread should spread easily and

the end result should be a fairly thin circle. Make sure you pour the batter in the center of the pan (which means the center of the fire) to ensure even heating.

8. Cook the first side for about 2 minutes or until it is slightly golden (but not too brown). You will know it is done when all the sides of the flatbread come off easily and clean. Loosen all the sides before flipping over.
9. Once ready, flip the flatbread over and cook the second side for 1 to 2 minutes. This side should be slightly golden as well and the result should be soft but with no sign of liquid batter.
10. Place the cooked flatbread onto a cooking rack (best!) or a plate if this is not available.
11. Repeat steps 7 to 10 until the batter is used up (see "storage tips" below the recipe if you prefer to save the extra batter).
12. Enjoy this flatbread as a complement to any soup, kitchari, dal, sautéed veggies, or stew recipe; use it to make a grain-free sandwich or wrap; or simply top it with a little hummus or tahini for a delicious and nutritious snack!

STORAGE TIPS

- If you prefer freshly cooked flatbread with each serving, store any unused batter in an airtight Tupperware, in the refrigerator, for up to 3 days (this is my preferred method).
- Any uneaten flatbread can be stored in the refrigerator for up to 2 to 3 days and reheated as needed (see instructions below).
- When storing the cooked flatbread, I suggest cooling them completely, wrapping them in saran wrap, and storing them in an airtight Tupperware to really lock in the moisture.

REHEATING TIPS

- It is recommended to reheat any flatbread that has been stored in the refrigerator.
- For the skillet method, preheat the skillet over medium heat. Place the flatbread on the heated skillet and cook each side for 30 to 60 seconds. For more moisture, I suggest placing a raised frying pan lid over the flatbread while reheating (sort of like a dome to retain moisture).
- For the oven method, preheat an oven or toaster oven to 250°. Wrap the flatbread in foil and warm it in the oven for 5 to 10 minutes. The foil keeps the bread moist and the flatbread will become dry without using this.
- Avoid reheating any flatbread more than one time.