

# Chickpea Quick Bread

From – Sara Eckert at *Healthy Harvest Farm*

3 Tbsp olive oil  
1 cup diced onions  
200g (approx 1 <sup>3</sup>/<sub>4</sub> cup) chickpea flour  
50g (approx 1/3 cup) wheat flour  
18 g (1/4 cup) nutritional yeast  
1 tsp parsley  
1 tsp Trader Joe's Umami Seasoning or salt  
2 ½ tsp baking powder  
1 cup vegetable broth  
2 eggs, beaten  
150g (2/3 cup) butternut squash puree

- Preheat oven to 350F.
- In a 10inch oven proof skillet, saute onion in olive over medium heat until translucent and starting to brown on the edges. About 10-15 minutes.
- In a large bowl mix dry ingredients: chickpea flour, wheat flour, nutritional yeast, parsley, seasoning or salt, and baking powder.
- In a separate bowl combine wet ingredients: broth, eggs and butternut.
- Mix wet ingredients into dry.
- Add sauteed onions and mix to combine.
- Pour mixture into same skillet you sauteed the onions in and bake for 30-32 minutes. Toothpick inserted should come out clean.

Notes: If you don't have an oven proof skillet you can use a greased pie tin or cake pan. Just be sure the diameter is at least 9 inches, but no more than 12 inches. Cooking times can vary greatly depending on what you bake it in so check often and adjust accordingly.

Using the Trader Joe's Umami Seasoning adds a nice depth of flavor but salt can be substituted and still taste great.

Chickpea flour has a strong flavor. Feel free to adjust the ratio of chickpea to wheat flour to suit your taste. The more chickpea flour the more protein and fiber and the stronger the taste.



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