

CHICKPEA CRÊPES WITH EGGPLANT AND TOMATO

Chickpea crêpes are protein-packed and come together with a few ingredients in the blender. They are vegan and versatile. You can use them as a wrapper for lunch with something as simple as avocado or top them with harissa-spiced eggplant and tomato for a more filling meal. Either way, they are a great addition to your repertoire.

INGREDIENTS

1 cup chickpea flour
3/4 cup almond milk
1/2 cup water
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon ground cumin

Eggplant and Tomato
2 tablespoons olive oil or avocado oil
2 cloves garlic, minced
1 medium eggplant, cut into 1-inch dice
1 teaspoon coriander powder
1/2 teaspoon turmeric
1/4 teaspoon ground ginger
1/2 teaspoon salt
4 plum tomatoes (about 1/2 pound), seeded and diced
3 tablespoons harissa*
1 tablespoon cilantro
additional olive oil or avocado oil
squeeze of lemon
non-dairy yogurt

MAKES FIVE TO SIX CRÊPES

1 Heat a sauté pan to medium and add olive oil, then garlic and let shimmer for about 30 seconds. Add the eggplant and toss. Cook for about 5-6 minutes until the eggplant turns darker and becomes soft. Remove from pan and put aside.

2 Add a drizzle of oil to the pan and add the spices. Then add the tomatoes and cook for 2 minutes. Then add the harissa and mix well. Add the eggplant back into the pan and cook for about another 1 minute.

3 Turn the heat off and add cilantro and a squeeze of lemon.

4 To make the crepes, place the chickpea flour, almond milk, water, olive oil, salt and cumin in a blender. Blend through until smooth and let rest for 10 minutes.

5 Heat a non-stick pan to medium, brush with some olive oil, and ladle out 1/3-1/2 cup of batter. Quickly tilt the pan to spread the batter. Let cook for about 2 minutes before flipping. Cook for 1-2 minutes on the other side.

6 To plate lay out a crepe, spread some eggplant and tomato mixture on top, drizzle with yogurt and garnish with some cilantro.

NOTES

- *Harissa is a chili paste that comes from North Africa. It often comes in mild and medium and we opted for mild in this recipe.