

Farinata (Italian Chickpea Flatbread)

This recipe comes from the wonderful blog, www.kalynskitchen.com
Kalyn's blog is filled with tons of great healthy low glycemic recipes.

1 cup chickpea flour
1 1/4 cups water
1 teaspoon kosher salt
2 Tablespoons olive oil

1 Tablespoon finely chopped fresh rosemary (or use a smaller amount of dried rosemary, ground in a mortar and pestle or pounded with something heavy)

1 tablespoon olive oil (for greasing pan)
Coarsely ground black pepper

1. Mix together chickpea flour and salt, mix in water and olive oil and let the batter rest several hours or longer
2. When ready to bake, preheat oven to 475°F. Once oven reaches 475° F place a 10-12 inch round pizza pan or 9 x 13 inch baking pan with sides into the oven for about 10 minutes.
3. Finely chop fresh rosemary (or grind a smaller amount of dried rosemary) and whisk into batter. Remove pan from oven, pour in about 1 Tablespoon of olive oil and spread around, then pour in batter. Grind a generous amount of black pepper over batter.
4. Bake the farinata until it's starts to become crispy and brown around the edges, about 20-25 minutes. Can be served warm or at room temperature.