

Chickpea Flour Pizza (Vegan, Gluten-Free, Nut-Free, Soy-Free)

A sampling from the Food Allergy Survival Guide, reprinted with the permission of Jo Stepaniak

"This unusual dish is a cross between a pizza and a high-protein flatbread. It is simple to prepare and tastes amazing. If you have chickpea flour on hand, it can be on the table in a jiffy. Serve it with sliced tomatoes, a salad, or a vegetable dish."

- 1/2 cup chickpea flour
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano, crumbled between your fingers
- 1/4 teaspoon dried basil, crumbled between your fingers
- 1/4 teaspoon garlic powder
- Generous pinch of cayenne or pepper
- Pinch of turmeric
- 1/2 cup water
- 1 teaspoon extra-virgin olive oil

Combine the chickpea flour, salt, oregano, basil, garlic powder, cayenne, and turmeric in a medium bowl. Gradually whisk in the water, beating well after each addition until completely smooth. Generously oil a 10-inch skillet (nonstick will work best) or mist it well with nonstick cooking spray, and heat over medium-high heat. Stir the batter and pour it into the pan, scraping all of it out with a rubber spatula. Drizzle the olive oil over the top. Cook until the top is set and the bottom is nicely browned, about 5-7 minutes. Adjust the heat as necessary to prevent over-browning. Carefully turn the dough over and cook the other side until well browned, about 5 minutes. Slide onto a round plate and slice into 8 wedges. Serve hot.