# Columbia Grain™

CULTIVATING GROWTH™

## RECIPE
## Chickpea Quiche

Topped with chopped kale, onion, feta cheese, and protein-packed chickpeas, this is the perfect savory dish for the season.

## INGREDIENTS

**FOR THE FILLING**
- ½ cup dried chickpeas (or about 1 cup cooked)
- 1 tbsp olive oil
- ½ thinly sliced large onion (about 2 cups)
- 3 cups finely chopped kale
- 3 eggs
- 1 cup milk
- ½ tsp salt, plus additional as needed
- ¼ tsp pepper
- ¼ cup feta cheese

**FOR THE CRUST**
- 2 ½ cups chickpea flour
- ½ tsp salt
- 1 tsp baking powder
- 6 tbsps olive oil
- 6 tbsps water

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## INSTRUCTIONS

1. To prepare the chickpeas: Soak chickpeas for 8 hours, or overnight. Drain the soaking liquid and add fresh water to a saucepan along with chickpeas and a pinch of salt. Bring to a boil, then simmer for about an hour, or until chickpeas are tender.

2. Meanwhile, heat 1 tablespoon of olive oil in a pan over medium heat. Add the onion along with a pinch of salt and cook over medium-low heat for 25 minutes, stirring occasionally, until caramelized.

3. While the onion is caramelizing, make the crust.

4. Preheat the oven to 350 degrees and lightly grease a 9 or 10-inch tart pan.

5. Whisk together the chickpea flour, salt and baking powder. Add the oil and water and stir until the dough comes together. If dough is too crumbly and dry, add additional water, a tablespoon at a time, until it comes together.

6. With damp hands, press the dough evenly into the prepared pan. Bake for 15-20 minutes or until crust is firm and dry to the touch and is just starting to brown. Remove from the oven.

7. Once the onion is caramelized, add kale and increase heat to medium. Once kale is wilted, add the chickpeas. Cook for another minute, then remove from heat. Add salt to taste.

8. Whisk together the eggs, milk, salt and pepper in a separate bowl.

9. Spread the onion mixture evenly into the warm, pre-baked crust, then pour in the egg mixture. Sprinkle the feta on top.

10. Bake for 30 minutes, or until the top is set and browned slightly.