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## Oven-Baked Chickpea Ratatouille | by Dreena Burton

From *Vive le Vegan!*

*This recipe is gluten-free and soy-free.*

Serves 4-5



- 3½ - 4 cups cooked chickpeas
- 1 ¼ cups red onion, finely chopped
- 3 - 4 medium-large cloves garlic, minced
- 1 28 ounce can (796-ml) diced tomatoes (see note)
- ½ cup red or orange bell pepper, diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon freshly grated ginger
- 2 teaspoons pure maple syrup or agave nectar
- 2 teaspoons mustard seeds
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- ½ teaspoon dried rosemary
- 1 teaspoon sea salt
- ⅛ teaspoon allspice
- freshly ground black pepper to taste
- 2 dried bay leaves

### **Instructions:**

Preheat oven to 400°F. In a large, deep casserole dish, combine all ingredients except bay leaves. Stir through until well combined, then embed bay leaves in the mixture. Cover and bake for 30 minutes. Stir through, cover, and bake for another 35-45 minutes, until onions are tender and translucent (stir through once more during baking). Remove bay leaves and serve over quinoa or brown rice.

### **Chef's Notes:**

Use regular diced tomatoes, or Italian flavored or fire-roasted for a twist.

Try making burritos with leftovers. Spoon the mixture onto whole-grain tortillas, roll up and place in a baking dish, then bake until golden.

This makes a large batch, but portions can be refrigerated or frozen.

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