



Makes 4 flatbreads
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

Cornmeal

1 recipe [Homemade Oil-Free Pizza Dough](#)

½ cup matchstick-cut cucumber

½ cup matchstick-cut carrot

¼ cup matchstick-cut radishes

2 tablespoons white wine vinegar

½ teaspoon pure cane sugar

⅛ teaspoon sea salt

1 small eggplant (12 oz.)

1 tablespoon tahini

½ teaspoon lemon zest

1 tablespoon lemon juice

1 cup chopped fresh parsley

1 small clove garlic, minced

1 cup no-salt-added canned chickpeas, rinsed and drained

Crushed red pepper flakes

Baba Ghanoush Flatbreads

Baba ghanoush, made with tahini, blended eggplant, and mashed chickpeas, can serve as a delicious, creamy sauce for flatbreads. Quick-pickled veggies add color, crunch, and tang. Be sure to drain off any excess liquid before adding the pickles.

By Shelli McConnell

- 1 Preheat oven to 400°F. Lightly sprinkle a large baking sheet with cornmeal.
- 2 Divide dough into four portions. On a lightly floured surface, roll portions into 7- to 8-inch circles or 10x5-inch ovals. Transfer flatbreads to prepared pan. Bake 10 to 13 minutes or until lightly browned and set (flatbreads may puff). Let cool.
- 3 Preheat oven to 425°F. For quick pickles, in a small bowl combine the next six ingredients (through salt). Cover and chill until ready to use.
- 4 Meanwhile, line a large baking sheet with foil. Prick eggplant with a fork. Place on prepared pan. Roast 30 minutes or until very soft and skin is charred. Cool until easy to handle.
- 5 Cut eggplant in half; scoop out flesh and place in a food processor. Discard skin. Add the next five ingredients (through garlic); cover and pulse until nearly smooth. In a small bowl coarsely mash the chickpeas. Stir in eggplant mixture. Season with additional salt to taste.
- 6 Spread eggplant mixture on flatbreads. Top with quick pickles. Sprinkle with crushed red pepper and additional parsley.