

SOCCA PIZZA

WITH PESTO AND ROASTED VEGETABLES

Ingredients

- 1 cup chickpea flour (also known as garbanzo bean flour)
- 1 tablespoon + 1 teaspoon extra virgin olive oil, divided
- 1 cup water
- 1 garlic clove, minced
- 1 small zucchini, sliced into ¼-inch thick circles
- ¼ teaspoon fine sea salt
- 1 small summer squash, sliced into ¼-inch thick circles
- ¼ cup red onion, thinly sliced
- ⅛ cup pesto (recipe on page 33 of the Healthier Traditions: Italian Cookbook)
- butter, for greasing dish
- 2 tablespoons shredded Parmesan cheese (optional)

Directions

1. For socca batter, whisk together chickpea flour, 1 tablespoon olive oil, water, minced garlic, and salt. Let rest for 1 hour.
2. While waiting, prepare pesto (recipe on page 33 of the Healthier Traditions: Italian Cookbook).
3. Preheat oven to 400°F.
4. Lightly coat vegetables on both sides with 1 teaspoon olive oil and roast on glass baking dish until lightly browned, about 15 minutes.
5. Line 9x13-inch baking sheet with parchment paper, greased with butter. Pour on batter, spreading evenly. Return to oven and bake until browned on the edges and beginning to pull away from paper, up to 20 minutes. Remove from oven.
6. Spread pesto over cooked socca and top with roasted vegetables. Return to oven to bake for an additional 4–5 minutes. Before serving, garnish with 1–2 tablespoons Parmesan cheese, if desired.

1 ½ HOURS | SERVES 2

Nutrition Facts

376 calories | 18g fat | 3g saturated fat | 457mg sodium | 41g carbohydrate | 8g fiber | 14g sugar | 15g protein