

New Mexican Grande Chickpea Pancakes with Mi Abuelo™ Green Chile Peppers



This dense and filling savory New Mexican-style chickpea pancake is packed with protein and fiber. As a huge breakfast pancake, it's about the size of a 10-inch skillet! Be sure to use an extra-large round plate because it won't fit on a regular round plate.

It's a quick and spicy breakfast that's tasty and takes only 10 minutes to whisk together the ingredients and then another 10 minutes or so to cook.

Prep: 10 Minutes

Cook: 10 Minutes

Servings: 1 Large or 2 Small Pancakes

Ingredients:

- 1 Green onion, finely chopped (about 1/4 cup)
- 1/4 - 1/2 Cup Mil Abuelo™ Green or Red Chiles, chopped
- 1/2 Cup chickpea flour (also known as garbanzo flour)
- 1/4 Teaspoon baking powder
- 1/2 Cup + 2 tablespoons water
- 1/4 Teaspoon garlic powder
- 1/4 Teaspoon fine grain sea salt
- 1/8 Teaspoon black pepper, freshly ground
- Pinch red pepper flakes (optional)

Cook's Tip: Chickpea flour makes this pancake very dense and filling top with avocado, hummus, salsa, red pepper flakes, and salsa.

Cook's Tip: To prevent the pancake from sticking to the skillet, be sure to spray the skillet liberally with olive oil before pouring on the batter.

Instructions:

1. Prepare the vegetables and set aside. Preheat a 10-inch skillet over medium heat.
2. In a small bowl, whisk together the chickpea flour, garlic powder, salt, pepper, baking powder, and optional red pepper flakes.
3. Add the water and whisk well until no clumps remain. I like to whisk it for a good 15 seconds to create lots of air bubbles in the batter.
4. Stir in the chopped green onion and chile peppers.
5. If making one large pancake pour on all of the batter (if making two, use half at a time). Quickly spread batter out all over the pan. Cook for about 5-6 minutes on one side until you can easily slide a pancake spatula under the pancake and it's firm enough not to break when flipping. Flip pancake carefully and cook for another 5 minutes, until lightly golden.

Cook's Tip: Make sure you cook all the way through since this pancake takes much longer to cook compared to regular pancakes.

Cook's Tip: Serve on a large plate and top with desired toppings. Leftovers can be wrapped up and placed in the fridge. Reheat on a skillet until warmed throughout.

Nutrition Information:

Serving Size 1 of 2 small pancakes | Calories 100 calories | Total Fat 1.5 grams
Saturated Fat 0 grams | Sodium 270 milligrams | Total Carbohydrates 15 grams
Fiber 3 grams | Sugar 4 grams | Protein 5 grams

* Nutrition data is approximate and is for informational purposes only.