

bbq chickpea & cauliflower flatbreads

with avocado mash

PREP: 15 MIN / TOTAL: 35 MIN / SERVES 4

**12 ounces small
cauliflower florets**

1 tablespoon olive oil

Salt

**2 ripe avocados, each
cut in half, pitted,
and peeled**

**2 tablespoon fresh
lemon juice**

**4 flatbreads or
pocketless pitas,
toasted**

**¼ cup BBQ Chickpea
“Nuts” (page 100)**

**2 tablespoons roasted
salted pepitas
(pumpkin seeds)**

Hot sauce, for serving

- 1.** Preheat the oven to 425°F. On a large rimmed baking sheet, toss the cauliflower with olive oil and ¼ teaspoon salt; roast 25 minutes.
- 2.** Mash the avocados with lemon juice and a pinch of salt. Spread on the flatbreads. Top with the roasted cauliflower, chickpeas, and pepitas. Serve with drizzle of hot sauce.

Each serving About 500 calories, 11g protein, 65g carbohydrate, 25g fat (4g saturated), 13g fiber, 915mg sodium.

Tip

Our Chickpea “Nuts” (page 100) have several flavor variations that would be delicious in the flatbreads.

Check out the Original, Parmesan-Herb, Spicy Buffalo, and Honey-Sesame options.