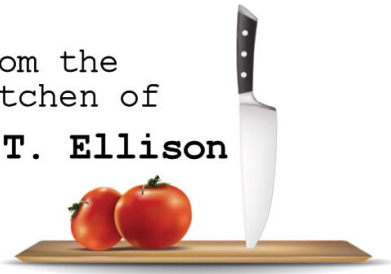


From the  
kitchen of

**J.T. Ellison**



## Ingredients

- ✓ 1 cup chickpea or garbanzo flour  
*(I use Bob's Red Mill)*
- ✓ 1 cup water
- ✓ 4 tablespoons olive oil, divided
- ✓ ½ teaspoon salt
- ✓ 2 cloves minced garlic  
*(optional)*
- ✓ 1 teaspoon dried oregano *(optional)*
- ✓ Toppings of choice  
*(tomato sauce, pesto, vegetables, cheese, meats—whatever you want!)*

## GF Socca Pizza

**(makes one 10-inch pizza, serves 2)**

I saw this gluten-free pizza recipe on *Mind, Body, Green* and had so much hope that it would be delicious. And it didn't disappoint. Hooray!

## Directions

1. In a large bowl, whisk the chickpea flour, water, 3 tablespoons of olive oil, salt, garlic and oregano (if using). Let the mixture sit for an hour to thoroughly combine.
2. Turn oven on the broil setting. Place a 10-inch cast-iron pan (or oven-proof pan of choice) under the broiler until hot. Remove carefully using oven mitts, then set on stove.
3. Swirl in 1 tablespoon of olive oil to coat the bottom of the hot pan.
4. Pour socca batter into pan. Tilt the pan around until the batter is evenly spread.
5. Put the pan in oven, and let broil for 3 to 5 minutes or until the edges get brown and toasty.
6. Remove from oven and add toppings. Serve immediately, or if you'd like the cheese to melt, return to oven for 1 to 2 more minutes or until cheese is bubbly.
7. Slice and serve!

As seen in J.T. Ellison's newsletter. For more recipes, visit [JTEllison.com](http://JTEllison.com).

Want a bubbly suggestion? Check out J.T.'s wine blog, *The Wine Vixen*, at [TheWineVixen.com](http://TheWineVixen.com).

