

Festive Chickpea Tart

From <http://viveveganrecipes.blogspot.com/2010/11/festive-chickpea-tart.html>

Serves 4-5

If you don't eat dairy and would like to have some "quiche," then this is the recipe to make. It's a savory tart with a wonderful combination of chickpeas, crunchy nuts, spinach, and seasonings nestled together and a hint of sweetness from the dried cranberries. This dish is certainly elegant enough to serve for holiday gatherings (Thanksgiving would be a great time to serve for your vegetarian guests), but also easy enough to make for a family dinner any time of the year.



Photo credit: www.toliveandeatinla.com

Ingredients

- 1 Tbsp olive oil
- 1 cup onion, diced
- 1/2 cup celery, diced
- 4-5 medium-large garlic cloves, minced
- 1/4 tsp sea salt
- Few pinches freshly ground black pepper
- 2 cups chickpeas, reserve 1/3 cup
- 2 Tbsp freshly squeezed lemon juice
- 2 tsp tamari
- 1/2 tsp ground sage
- 1/4 tsp sea salt
- 3/4 cup walnuts or pecans (I prefer these but go with what you like) or even almonds, toasted
- 1/3 cup rolled oats (Optional: while lending some structure to the tart, can easily be omitted but I left it in)
- 1 - 10 oz package frozen chopped spinach, thawed and squeezed to remove excess water (about 1 cup after squeezing) I used fresh spinach and steamed it and then squeezed to remove excess water.
- 1/4 cup dried cranberries
- 1/4 cup fresh parsley, chopped
- 1 Tbsp fresh thyme, chopped (or 1 tsp dried thyme added to puree)

1 prepared whole-wheat pastry pie crust, thawed.

It can be made without the pastry crust just don't over bake it for it will tend to dry out without a crust

- 1/2 Tbsp olive oil
- 1 tsp tamari
- 2 Tbsp nuts of your choice, chopped (for topping, no need to toast beforehand)

Directions

1. Add oil, onion, celery, garlic, salt and pepper in a skillet over medium-high heat. Cook 9-10 minutes, stirring occasionally, until softened and turning golden.

2. In a food processor, add chickpeas (except reserved 1/3 cup), lemon juice, tamari, sage, salt, and sautéed mixture, and partially puree (not fully like hummus, but leaving some chunkier consistency).
3. Add toasted nuts and oats, and briefly pulse to lightly break up nuts.
4. Transfer to a bowl, and stir in spinach, cranberries, parsley, thyme, and reserved chickpeas.
5. Transfer mixture to pie shell (or lightly oiled pie plate, see note), smoothing to evenly distribute.
6. Combine oil and tamari, and brush over top. Sprinkle on nuts. Bake in preheated oven at 400 degrees for 30-35 minutes, until tart is golden on edges and top.
7. Cool 5-10 minutes
8. Serve with cranberry sauce, a spoon drizzling of oil/balsamic vinegar slurry, or other sauce of choice.