

Herby Chickpea Casserole



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 2/3 cup Panko Bread Crumbs
- 2 tablespoons Olive Oil
- 1 cup Parmigiano-Reggiano, Grated
- 5 1/4 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 1 cup Rice, White Prepared
- 4 cups Shallot, chopped
- 2 tablespoons Fresh Garlic, Minced
- 1/2 cup Parsley, Chopped
- 2 teaspoons Thyme, Chopped
- 2 teaspoons Rosemary, Chopped
- 2 teaspoons Basil, Chiffonade
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 2 unit Eggs, Large
- 1 cup Ricotta Cheese
- 1 cup Plain Yogurt
- 1/2 cup Vegetable Stock
- 1 teaspoon Lemon Zest
- 2 tablespoons Fresh Lemon Juice

In This Recipe



Chick Peas (Garbanzo Beans) - 15.5 oz.



Chick Peas (Garbanzo), Low Sodium - Bella Vista

Preparation

1. Preheat oven to 375F. Lightly coat a 9X13 baking dish or a 3 qt baking dish.
 2. Place the Breadcrumbs and Olive oil in a small bowl and stir until the Breadcrumbs are well-coated and slightly wet. Add 1/2 cup of the Parmesan cheese and stir to combine; set aside.
 3. Place the Chickpeas, Rice, Shallots, Garlic, Parsley, Rosemary, Thyme, Basil, Salt, and Pepper in a large bowl, and stir to combine; set aside.
 4. Place the Eggs in a medium bowl and whisk to combine. Add remaining 1/2 cup of Parmesan cheese, Ricotta cheese, Yogurt, Stock, Lemon Zest, and Lemon Juice, and stir to combine. Add the egg mixture to the bowl with the Chickpea mixture and stir well.
 5. Transfer the mixture to the prepared baking dish and spread into an even layer. Sprinkle the breadcrumb mixture evenly over the top.
 6. Bake until the top is golden brown and the casserole is bubbling, about 45 minutes. Let cool for 10 minutes before serving.
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