

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

“Pancake Mood” Hot Ham & Cheese Chickpea Pancake Sandwich

From Chef Hans: Everyday, we get the option of how we are going to eat and how we fuel our machines. I’ve been in a “pancake mood” pretty much since the day I was born! A gluten-free option for pancake or crepe batter is chickpea flour. This hot ham & cheese sandwich is a quick and healthy meal that packs a lot of protein.

Serves 1-2

CHICKPEA PANCAKE BATTER INGREDIENTS:

- 1 cup chickpea flour
- 1 cup water
- Pinch of salt

DIRECTIONS FOR PANCAKES: Combine ingredients into a medium bowl and mix together until well incorporated. Using a ladle, drop about ¼ cup of batter into a pan on medium heat. Be sure to spread it out for thin, crepe-like pancakes. Let it cook for about one minute. Using a large spatula, gently flip over and let cook for another minute.

The batter, and any cooked pancakes, can be stored in the refrigerator for 2 days.

SANDWICH INGREDIENTS:

- 2 chickpea pancakes
- 2 slices Swiss cheese
- 1 slice Black Forest ham
- 4 or 5 fresh spinach leaves
- ½ tablespoon hummus

ASSEMBLING THE SANDWICH:

After cooking your pancakes, leave them on a pan with the heat on low. This will allow the cheese to melt and the sandwich to stay hot. Layer the cheese, ham, & spinach onto one pancake. As the cheese melts, add the hummus to the other pancake slice and place the pancake, hummus side down, onto the cheesy ham pancake slice. Flip the entire sandwich over onto the pan so that all ingredients can melt together and incorporate flavors. After about a minute, being careful that it doesn’t burn, remove from the pan and place onto a plate. Cut into halves or quarters.