



Mushroom Casserole

Ingredients

Cooking spray, for greasing

1 cup cooked chickpeas, or $\frac{1}{2}$ 15-ounce can chickpeas, drained and rinsed

1 cup sliced mushrooms

3 large eggs

1 cup milk

3 tablespoons extra virgin olive oil

3 tablespoons all purpose White Gold flour

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

1 cup feta cheese

Preparation

1. Preheat the oven to 350°F and spray a 9-by-13 casserole dish with cooking spray.
2. In a medium frying pan, heat the oil over medium-high heat. Add the mushrooms and sauté for 3 to 4 minutes, until brown. Set aside to cool.
3. In a large bowl, combine the chickpeas, mushrooms, eggs, milk, oil, flour, baking powder, salt, pepper and cheese.
4. Transfer to the casserole dish and bake for 20 to 25

minutes, until golden-brown. Serve warm.