

[healthyish](#)

# Falafel-Spiced Tomatoes and Chickpeas on Flatbread

70 Ratings

Published [August 2015](#)

## Ingredients

### Tomatoes and Chickpeas

- ☐ 2 garlic cloves, finely chopped
- ☐ 1 teaspoon sumac
- ☐ ½ teaspoon crushed red pepper flakes
- ☐ ½ teaspoon ground coriander
- ☐ ½ teaspoon ground cumin
- ☐ 1 teaspoon kosher salt, plus more
- ☐ 2 large heirloom tomatoes, any color, thinly sliced
- ☐ 1 15.5-ounce can chickpeas, rinsed
- ☐ 2 tablespoons red wine vinegar
- ☐ Freshly ground black pepper
- ☐ 1 small shallot, thinly sliced
- ☐ ½ cup parsley leaves with tender stems
- ☐ 3 tablespoons olive oil

### Yogurt Sauce

- ☐ 1 Persian cucumber, peeled, chopped
- ☐ ¾ cup plain yogurt
- ☐ ½ cup coarsely chopped fresh mint
- ☐ ½ cup coarsely chopped fresh parsley
- ☐ Hot sauce
- ☐ Kosher salt and freshly ground black pepper

### Flatbread and Assembly

- ☐ ¾ teaspoon baking powder
- ☐ ½ teaspoon sugar
- ☐ 2 cups all-purpose flour, plus more for surface

- ☐ 2 teaspoons kosher salt, plus more
- ☐ 1 cup plain yogurt
- ☐ 4 tablespoons olive oil, plus more for drizzling
- ☐ Freshly ground black pepper

### Ingredient Info:

- ☐ Sumac, a tart, citrusy spice, can be found at Middle Eastern markets and specialty foods stores.

### Recipe Preparation

#### Tomatoes and Chickpeas

- Combine garlic, sumac, red pepper flakes, coriander, cumin, and 1 tsp. salt in a small bowl. Arrange tomato slices in a single layer on a rimmed baking sheet and sprinkle garlic mixture evenly over top. Let sit at room temperature at least 30 minutes and up to 1 hour.
- Toss chickpeas and vinegar in a medium bowl; season with salt and pepper. Mash chickpeas with a fork until about half are smashed. Add shallot, parsley, and oil and toss to combine; season with salt and pepper. Set aside.

#### Yogurt Sauce

- Combine cucumber, yogurt, mint, and parsley in a medium bowl; season with hot sauce, salt, and pepper. Let sit at room temperature at least 15 minutes.
- **Do Ahead:** Yogurt sauce can be made 1 hour ahead. Cover and chill.

#### Flatbread and Assembly

- Whisk baking powder, sugar, 2 cups flour, and 2 tsp. salt in a large bowl. Add yogurt and stir to combine (the yogurt's acidity ensures a tender texture). Transfer dough to a lightly floured work surface and knead until mostly smooth, about 1 minute. Divide into 4 pieces, cover with plastic wrap, and let rest 15 minutes (this will make dough easier to roll).
- Working one at a time, roll out each piece of dough into a round about 1/8" thick. (Don't stress: They don't need to be perfect.) Heat 1 Tbsp. oil in a large skillet, preferably cast iron, over medium. Working one at a time, cook rounds of dough until underside is golden brown and flatbread is beginning to puff, about 2 minutes. Flip and cook until other side is golden brown, about 1 minute longer; transfer to a plate. Repeat with remaining oil and rounds of dough. Let cool slightly.
- Top each flatbread with yogurt sauce, chickpea mixture, and tomatoes. Drizzle with more oil and season well with salt and pepper.

### Nutritional Content

Calories (kcal) 700 Fat (g) 31 Saturated Fat (g) 6 Cholesterol (mg) 15 Carbohydrates (g) 87  
Dietary Fiber (g) 11 Total Sugars (g) 14 Protein (g) 20 Sodium (mg) 1830

### Explore Bon Appétit

[ChickpeaCucumberFalafelFlatbreadSumacTomatoYogurtVegetarianHealthyish](#)

More from Bon Appétit

[recipeShockinglly Easy No-Knead Focaccia2020-02-22T09:00:00.000Z](#)

[recipeBA's Best Chocolate Chip Cookies2019-04-25T10:00:00.000Z](#)

[recipeBA's Best Bolognese2019-01-07T11:00:00.000Z](#)