

PANELLE FRIES

Side Dish

Makes 50 servings.

Each serving has: 170 calories, 5 gram (g) of fat, 8 g protein, 25 g carbohydrate, 7 g fiber and 150 mg sodium.

3 gal. water
3 tsp. garlic powder
4 lb. 9 oz. garbanzo flour
3 tsp. salt
½ c. canola or olive oil

Combine water and garlic powder, bring to a simmer. Add flour to simmering water, whisk until incorporated. Continue stirring for 12 minutes; caution not to scorch flour. After 12 minutes, puree until smooth with an immersion blender. Add salt. Lightly coat flat sheet pan lined with pan liner and spray with nonstick spray. Spread mixture on sheet pan and cool. Cut into batons (French fry shape) when cool. Brush top with canola or olive oil and bake at 425 F for 11 minutes until crispy and golden brown.

NDSU EXTENSION
SERVICE