Carrot and Chickpea Party Slice

16 small squares from one 8 in/20 cm pan; 2 squares plus yogurt per buffet portion | Active 30 min | Cook 50 min | Total 95 min (warm service) | Cold-travel planning: 185 min; follow the stated cooling endpoint and finishing route.

Ingredients

- 2 tbsp (30 ml/28 g) olive oil, divided: 1 tbsp in skillet and 1 tbsp for pan
- 1 small onion, finely diced, 100 g prepared weight
- 2 medium carrots, coarsely grated, 200 g prepared weight
- 2 cans chickpeas, each about 14-15 oz/400-425 g, drained and rinsed to give 17 oz (480 g)
- 3 large eggs, 150 g without shells
- 1/2 cup (60 g) all-purpose flour
- 1/4 cup (60 ml) milk
- 1 tsp (2 g) ground cumin
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2/3 cup (160 g) plain yogurt made with pasteurized milk
- 1 tbsp (15 ml) lemon juice
- 1/4 cup (10 g) finely chopped flat-leaf parsley

Set out

Oven, 8 in/20 cm square metal pan, at least 2 in/5 cm deep, Parchment paper, Skillet, Mixing bowl, Potato masher, Grater, Small bowl for yogurt, Food thermometer, Wire rack, Knife, Shallow containers and cooler with ice packs, Clean shallow plate for cooling the cooked vegetables

Allergens

Egg, Wheat, Milk. Check labels and substitutions.

Make it

1. Heat the oven to 375°F (190°C). Line the pan base and two opposite sides with parchment and brush the base and sides with 1 tbsp oil. Heat the other 1 tbsp oil in the skillet. Cook the onion 5 minutes; add the carrot and cook 5-7 minutes, stirring, until soft with no wet pool. Spread on a clean plate and cool 10 minutes.

2. Mash the chickpeas in the bowl until mostly crushed with some small pieces. Beat in the eggs, flour, milk, cumin, salt and pepper, then fold in the cooled vegetables. Scrape all the mixture into the pan and level it, including the corners.

3. Bake 30-38 minutes until set, lightly golden and at least 165°F (74°C) in the center. Rest in the pan 15 minutes. Lift to the rack, then cut into a 4-by-4 grid of 16 squares.

4. Mix the yogurt, lemon juice and parsley in the small bowl. Refrigerate it at 40°F (4°C) or below until serving. Offer 2 squares and one-eighth of the yogurt per portion.

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Bring it

Chill the cut squares in a single layer and carry them with the yogurt in a cooler at 40°F (4°C) or below. Keep parchment between cold layers, and pack a separate sauce spoon. During packing, travel and display, keep cold food at 40°F (4°C) or below and hot food at 140°F (60°C) or above. Allow no more than 2 hours combined outside those controls, or 1 hour above 90°F (32°C). Discard food beyond that limit.

Finish at the gathering

No heat is needed for the chilled version. Plate eight squares at a time and keep the reserve cold. If a warm version is wanted, confirm an oven and allow about 15-20 minutes at 350°F (180°C) to reheat the squares to 165°F (74°C); serve the yogurt cold beside them.

Make it yours

Put the squares in small paper food cups for a winter open house or on a plain platter at a graduation buffet. Keep the same two-square portion, so changing the occasion does not quietly double the batch.

Ingredient labels

Check canned chickpeas and ground spices for additional label warnings. This is not an egg-free or dairy-free bean slice.

A useful detail

The 95-minute total includes chopping, stovetop softening, 10 minutes of vegetable cooling, baking and a 15-minute setting interval. The eggs bind a shallow bake; replacing them without developing a new formula is not a reliable variation. The displayed 95-minute total is for warm service. For the chilled Bring it route, plan a further 60-90 minutes of refrigerator chilling after the stated initial cooling, about 185 minutes overall before cold transport. Use shallow portions and check that all perishable components are at 40°F (4°C) or below; a clock alone does not establish that endpoint, and actual cooling may take longer.

Another way

Use 200 g grated parsnip instead of carrot, cooking it until soft before mixing.

Replace parsley with 10 g chopped fresh dill for a different yogurt sauce.

Keep it well

Refrigerate the cooled squares and yogurt separately at 40°F (4°C) or below. Use both within 3 days, keeping the earliest ingredient deadline. Serve the squares cold, or reheat to 165°F (74°C). Do not warm the yogurt sauce. Respect the combined travel-and-display limit in “Bring it.”