

Chickpea Omelet

Ingredients:

Batter:

2 cups chickpea flour
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon salt
2 tablespoons nutritional yeast
1 teaspoon baking powder
2 cups unsweetened plain soymilk
2 tablespoons lemon or lime juice



*GLUTEN-FREE



*VEGAN

Toppings

Add the toppings of your preference. For this recipe For the entire recipe you can use chopped oil-free sundried tomatoes (about 8 TS), about 8 TS chopped large green olives, and fresh basil. If adding cheese or cheese substitute, look for low-fat.

Nutrition Facts

8 servings per container

Serving size 1 omelet (6" across) (94g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 103mg 8%

Iron 2mg 10%

Potassium 455mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Add all the ingredients, except for the toppings, to a blender and blend until smooth.
2. Lightly grease a small non-stick frying pan and heat up over medium heat.
4. Pour a little bit of the batter into the pan as if making a pancake, about 6" across.
5. Add the toppings of your choice.
6. Using a spatula, flip the omelet once the underside is browned. Cook the other side until browned as well. Serve immediately.
8. Keep leftovers on the refrigerator for up to five days or freeze to eat later.

Recipe by Maggie Carneiro