

EGG-FREE & SOY FREE CHICK PEA OMELETTE

INGREDIENTS

- 1 C Chickpea flour
 - 3 T Nutritional yeast
 - 1/2-1 t Salt
 - 1 t Pepper
 - 1 C Water **OR** Trader Joe's Vegetable broth
- Non-stick cooking spray

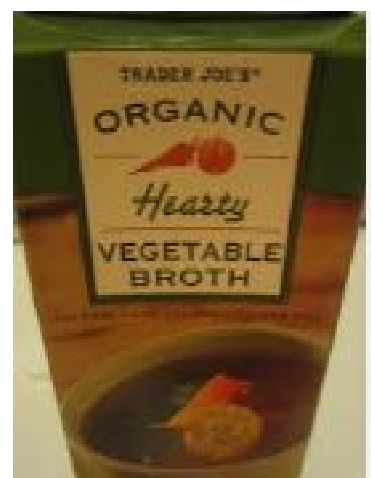


FILLING

- 1 Onions, red peppers, mushrooms, kale & spinach are some of the easiest vegetables for your filling
- 2 You can use some or all of the above vegetables
- 3 In a large pan, sautee your vegetables & set them aside

DIRECTIONS

- 1 Combine the chickpea flour, nutritional yeast, salt & pepper in a mixing bowl, breaking up any lumps
- 2 Add the water **OR** broth a little at a time, mixing to form a batter
- 3 Spray a frying pan with non-stick cooking spray & heat on a medium-high setting
- 4 When the pan is hot, pour in half the batter
- 5 Use a metal spoon to gently spread out the batter
- 6 Cook without disturbing until the edges are cooked through & there are bubbles in the middle
- 7 Gently flip over & cook for a further minute or two, until the other side is completely cooked
- 8 Place on a plate, keeping it warm in your oven or in a warmer
- 9 After 1st omelette is out of the pan, pour the other half of the batter in & repeat directions 3 - 7
- 10 Put toppings on one half of each circle & flip the other side over the top





Copyright © 2014 KosherWoman.com All rights reserved