



Vegan Vegetable Stuffed Omelet w/ chickpea flour (2 servings)

Ingredients

Omelets

- 1 cup + 2 Tbsps chickpea flour
- 2 Tbsps nutritional yeast
- 1/4 tsp fine salt - *plus more to taste*
- 1/4 tsp Aleppo pepper
- 1/4 tsp ground turmeric
- 1/4 tsp garlic powder
- 1/4 tsp baking soda
- 3/4 cup unsweetened plant-based milk
- 2 tsps apple cider vinegar

- 1 Tbsp sunflower or neutral cooking oil
- 2 Tbsps chopped fresh parsley (*optional*)

Filling

- 1 Tbsp extra-virgin olive oil
- 8 oz portobello mushrooms - *chopped*
- 2 cups lightly packed baby spinach leaves
- 1 cup cherry/grape tomatoes - *halved*
- 1/4 tsp fine salt
- 1/4 tsp freshly ground black pepper

Preparation

To make the filling:

- In a large nonstick skillet over medium-high heat, heat the oil until it shimmers.
- Add the mushrooms and cook, stirring occasionally, until browned, about 5 minutes.
- Add the spinach and tomatoes and continue to cook, stirring, until the spinach is fully wilted, about 1 minute.
- Sprinkle with salt and pepper (*adjust to taste*), remove from the heat.
- Transfer vegetables to a bowl and clean skillet to cook the omelet.

To make the omelet:

- In a large bowl, whisk together the chickpea flour, nutritional yeast, salt, Aleppo pepper, turmeric, garlic powder and baking soda.
- Combine the plant-based milk and vinegar.

(continued)



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- Slowly pour milk and vinegar mixture into the bowl with the chickpea flour mixture - whisking until batter is smooth. Taste, and season with more salt as needed.
- In the nonstick skillet, heat the vegetable oil on medium until it shimmers.
- Pour half the batter into the pan and immediately swirl the pan to coat the bottom. Cook until the omelet starts to brown on the bottom and the top changes from shiny to a matte finish - with lots of small holes on the surface, about 2 minutes.
- Add half of the filling to one side of the omelet and fold over.
- Turn off the heat, cover the pan with a lid and let the omelet steam for 5 minutes.
- Transfer the omelet to a plate and repeat the process with the remaining batter, adding more oil if needed.
- Serve warm, and garnish with parsley if desired.