

Chickpea Flour Omelet with Veggies & Fresh Dill

Makes 6 small omelets.

I'm always searching for whole food plant based breakfast foods to keep mornings healthy, fresh and interesting. This vegan omelet, inspired Jane Esselstyn's recipe on Forks Over Knives website, was simple and tasty.

Ingredients

- 2/3 cup chickpea flour, I like Bob's Red Mill brand
- 1/2 teaspoon baking powder
- 1/2 teaspoon onion salt
- 1/4 teaspoon turmeric
- 2/3 cup water
- 1 plum tomato seeded and diced
- 2 green onions including half of the green stems
- 1/4 green bell pepper diced
- 8 Kalamata olives chopped
- 1 tablespoon fresh dill chopped
- Nonstick veggie spray
- Olive oil

Directions

Whisk chickpea flour, baking powder, onion salt, turmeric and water together in a bowl until blended and smooth. Stir in the tomato, green onions, bell pepper, olives, and dill.

Heat small skillet over medium heat. Coat with nonstick spray and add a few drops of olive oil. Pour 1/4 cup of the batter into the heated skillet; allow the omelet to cook until set around the edges and holes start to appear in the center. Flip with pancake turner and cook until lightly browned on both sides. Serve immediately.