

# Chickpea Flour Omelet

Web Recipe · Breakfast · GF

280 cal · 20g protein · 28g carbs · 10g fat · 4 servings

---

## Ingredients

- 2 cups chickpea flour
  - 1.5 cups water
  - 1 medium tomato finely diced
  - 1/2 medium red onion finely diced
  - 1/4 cup fresh cilantro chopped
  - 2 tbsp nutritional yeast
  - 1/2 tsp turmeric
  - 1/2 tsp cumin
  - 1/4 tsp black salt kala namak
  - 1/2 tsp salt
  - 1 tbsp olive oil for cooking
- 

## Instructions

1. In a large bowl, whisk together chickpea flour, water, nutritional yeast, turmeric, cumin, kala namak, and salt until smooth. Let batter rest 10 minutes.
  2. Stir in diced tomato, red onion, and cilantro.
  3. Heat olive oil in a non-stick skillet over medium heat.
  4. Pour about 1/4 of the batter into the pan, tilting to spread evenly into a thin round.
  5. Cook for 3-4 minutes until the bottom is golden and edges start to lift.
  6. Carefully flip and cook another 2-3 minutes.
  7. Repeat with remaining batter. Serve immediately, folded in half with your choice of fillings.
- 

Generated by Meal Planner · Per serving macros