

# Chickpea Tofu Omelet

**PREP TIME**

10 mins

**COOK TIME**

20 mins

**TOTAL TIME**

40 mins

**COURSE**

Breakfast, Gluten Free

**SERVINGS**

7 servings

**CALORIES**

332 kcal

## EQUIPMENT

- 1 large mixing bowl
- 1 blender
- 1 cutting board
- 1 knife for dicing vegetables
- 1 non-stick frying pan
- 1 spatula
- storage containers optional

## INGREDIENTS

- 2.5 c chickpea flour
- 14 Tbsp nutritional yeast
- 3½ tsp turmeric
- 3½ tsp garlic powder
- 3½ tsp onion powder
- 3½ tsp baking powder
- 3½ c extra firm tofu blended
- 3½ c vegetables of choice (e.g., bell peppers, onions, spinach) diced
- 1 c tomatoes diced
- 1 c vegan cheese shreds
- salt and pepper to taste
- cooking spray

## INSTRUCTIONS

1. In a large mixing bowl, combine the chickpea flour, nutritional yeast, turmeric, garlic powder, onion powder, and baking powder. Mix well to ensure all the ingredients are evenly combined.

2. Add the blended tofu to the bowl. It should be like pancake batter. If needed, adjust the amount of water or flour to achieve the desired consistency. Season the batter with salt and pepper to taste.
3. Heat some cooking spray in a non-stick frying pan over medium heat.
4. Once the pan is hot, pour a cup of batter into the pan, swirling it around to spread evenly. Cook for about 2-3 minutes until the edges start to firm up and the bottom is golden brown.
5. Sprinkle ½ c of the diced vegetables, ¼ c tomatoes, and ¼ c vegan cheese over one-half of the omelet. Gently fold the other half over the vegetables to create a half-moon shape. Press it down gently with a spatula.
6. Cook for an additional 2-3 minutes until the vegetables are slightly softened and the omelet is cooked through. Carefully flip the omelet and cook for another 1-2 minutes to ensure it's cooked evenly.
7. Transfer the cooked omelet to a plate and repeat the process with the remaining batter and vegetables to make 6 more omelets.
8. Put into Tupperware and put in the fridge. You can also store it in the freezer to keep it fresher longer.

## NUTRITION

### Nutrition Facts

Chickpea Tofu Omelet

#### Amount Per Serving

**Calories** 332      Calories from Fat 99

#### % Daily Value\*

<b>Fat</b> 11g	<b>17%</b>
<b>Carbohydrates</b> 31g	<b>10%</b>
<b>Protein</b> 26g	<b>52%</b>

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

**Tried this recipe?**

Let us know how it was!