EGGLESS, VEGETARIAN OMELET

-Sonali Suratkar (Public Health Nutritionist) from her educational cookbook, Love thy Legumes

This is an eggless, gluten-free, vegetarian omelet. Recipe is kid-friendly.

Servings: 4 (4 omelets)
Cooking time: 30 mins

Ingredients
1 cup gram flour (besan) available in Whole foods or any Indian grocery store (may be referred to as chickpea flour)
½ onion, thinly sliced
1 tomato, thinly sliced
A few sprigs of cilantro, chopped
⅛ tsp turmeric powder
½ tsp red chili powder
½ tsp coriander powder
1 tbsp ghee or butter
Salt to taste

Method
1. Make a paste of gram flour with water, by adding the water slowly to avoid lumps. Then add all the ingredients (except ghee or butter) and adjust the water, to make a flowing, yet thick consistency batter. Taste to see if the salt is optimum.
2. Heat a pan and melt some butter or a few drops of ghee. Pour 1½-2 ladles of batter on the pan when it is warm, but not hot, and swirl the pan to make an omelet. Cover with a lid and let it cook on medium heat.
3. After 1 or 2 minutes, lift the omelet with a spatula to see if the bottom side has turned light brown. Then add a few drops of ghee or some butter on the top side, and flip the omelet. Let it cook without the lid, so that it becomes a little crisp.
4. Once the other side also turns light brown, transfer it to a plate. Repeat the steps for rest of the batter.
5. Enjoy this omelet plain, or serve with chutney or ketchup. Pair with a smoothie or an apple to add fiber and more nutrients and make it a balanced breakfast.

Variation: Add any seasonal vegetables of your choice (sliced or grated).

Per serving: 150 Cal | 7g protein | 5g total fat | 4g fiber