Eggless, Vegetarian Omelet

From the educational cookbook “Love thy Legumes” by Sonali Suratkar (Public Health Nutritionist). This is an eggless, gluten-free, vegetarian omelet. Recipe is kid-friendly.

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 teaspoon turmeric powder
- ½ teaspoon red chili powder
- ½ teaspoon coriander powder
- 1 tablespoon ghee or butter
- Salt to taste

Directions

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. For variation, you can add any seasonal vegetables of your choice (sliced or grated). Takes 30 minutes to cook and makes four servings (four omelets). Nutrition information per serving: 150 calories, 7g of protein, 5g total fat, 4g fiber.