

# VEGAN SPICY TOMATO OMELETTE

## INGREDIENTS

- 3/4 C** Chick pea **OR** Garbanzo bean flour
- 1/4 C** Rice flour
- 2 T** Semolina flour
- 1/2 t** Tumeric
- 1/2 t** Red chili powder
- 2** Tomatoes (finely chopped) (your choice to discard seeds)
- 1/4 C** Onion (minced)
- 1/4 C** Cilantro (minced)
- Salt (to taste)
- Water (as needed)
- Oil (if needed)
- Non-stick cooking spray (optional)



## DIRECTIONS

- 1 Mix all of the ingredients in a bowl except for the water, oil & cooking spray
- 2 Stir in some water or a couple of drops of oil so you'll be able to 'pour' the batter
- 3 Use a non-stick pan **OR** spray a pan with the non-stick cooking spray
- 4 Heat the pan to medium & pour in the mix as a thin batter
- 5 When the bottom is crisp, flip the omelette so that both sides become crisp

## NOTES

- 1 If you like spicy food, you can add 1 or 2 minced fresh jalapeno peppers or green chilles
- 2 Some like to add goat cheese to the omelette

