

Eggless Spinach & Scallion “Omelet”

This is a cross between an omelet and a crepe. Garbanzo flour (also called chick pea flour) is low-glycemic and full of protein. It is also gluten free and high in folate which helps our body produce and maintain new cells. This dish can be made with many different fillings. It is a great option for people who may be sensitive to eggs or just want to try something different.

2 servings

Sautéed Spinach

½ Tb olive oil
4 cups raw baby spinach
1 clove garlic minced
Celtic sea salt and pepper

Omelet Batter

1 cup garbanzo bean flour
approximately 2/3 cup water
2 Tb olive oil
2 scallions thinly sliced
½ tsp dried thyme
Celtic sea salt, pinch
black pepper, pinch
1-2 tsp coconut oil to oil the pan

Cashew Aioli (optional)

Prepare the spinach

- Heat the olive oil on medium low in a large sauté pan.
- Add the garlic sauté 1 minute. Add the spinach.
- Season with salt and pepper.
- Sauté while stirring until wilted.
- Set aside on a plate.

Prepare the batter

- Scoop the garbanzo bean flour into a bowl.
Add water to the bowl and stir with a fork until well blended and all

lumps are removed. The mixture should be the consistency of slightly thick crepe batter.

- Add olive oil, scallions, thyme, salt and pepper and mix again.
- Add enough coconut oil to lightly coat the bottom of the pan on medium heat.
- Pour half the batter into the heated pan. Tilt the pan to spread the batter into a thin circle. It should be thinner than a pancake.
- Cover the pan with a lid and allow to cook over medium-low heat for 3-5 minutes until golden brown. Check after three minutes. Cook until it is cooked enough that you can easily "flip" it, but not too brown.
- Flip it over and brown the other side.
- Fill half of the circular shape with the spinach filling. Flip over the uncovered half. Cover the pan for a minute or two more. Cooking to desired crispness.
- Set aside on a plate and cover to keep warm while you prepare the second one.
- Serve topped with Cashew Aioli (recipe below) or Cilantro Hemp Dressing. Serve with sliced tomatoes and salad greens.

A few more things...

You can make this with any combination of ingredients. For example

- sautéed mushrooms
- roasted red peppers
- cooked onions
- salsa
- avocado
- asparagus
- tomatoes
- pesto
- roast veggies

Be creative, let your imagination run wild, see what you have in your refrigerator

Cashew Aioli

- 1 cup cashews, soaked for 4 hours or overnight, drained
- 1 Tb lemon juice or to taste
- ¼- ½ tsp Celtic sea salt
- 1 clove garlic minced

1 Tb olive oil

¼ cup fresh parsley chopped

1/8- 1/4 cup water

- Put nuts in a food processor and process till ground well.
- Add salt, lemon juice, garlic, olive oil and parsley and 1/8 cup water. Scrape sides of bowl and run processor again. Process or blend till the mixture is very smooth and creamy. Add the water as needed to facilitate blending, but don't add so much that the mixture gets soupy. You want the consistency to be like mayonnaise
- Put a dollop on top of the "omelet"
- You can serve this Aioli with vegetable crudité's or on raw crackers, or on top of salad
- Store for up to 5 days in the refrigerator