

Omelet with Grilled Salsa

Swick

Makes 2 omelets | Active Time: 25 minutes | Total Time:

Chef's Notes

Suggested adult serving: 2 omelet wedges; $\frac{3}{4}$ cup salsa; 2 tortillas

Store any leftover grilled salsa and omelet wedges in separate airtight containers in the refrigerator for up to 3 days.

Tomatillo: Though they're in the same family as tomatoes, bright green tomatillos are more acidic and less sweet than their cousins, and grow within a papery husk. Remove the husk and rinse the fruit well before cooking.

Jalapeno: Though most of the chile's heat comes from the seeds (remove seeds for less heat), the oils in the pepper can irritate skin. Some people like to wear gloves, but most can get away with simply washing their hands after handling. Avoid contact with sensitive areas, especially your eyes.

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Nutritional Yeast: Popular in plant-based cooking for its "cheesy" flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use $\frac{1}{3}$ cup for every 1 cup of flakes specified in a recipe.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Step 1: Make Salsa and Omelet

- 2 tomatoes, halved
- 2 tomatillos husked (≈5 1/2 oz)
- 1 yellow onion cut into thick slices (≈1 cup)
- 1 jalapeño, stemmed
- 1/2 cup fresh cilantro, chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons ground flaxseed
- 20 fl oz unflavored plant milk (≈2 1/2 cups)
- 1 1/2 cups chickpea flour
- 1/4 cup nutritional yeast
- 2 teaspoons mild chili powder
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground turmeric
- 1 dash cayenne pepper
- 1 dash cayenne pepper
- 4 scallions (white & green parts) sliced (≈1/2 cup)
- sea salt
- freshly ground black pepper
- 8 corn tortillas, warmed

MAKE SALSA

If you are using a grill:

Preheat the grill to medium-high.

If you are using the oven:

Preheat the broiler.

If you are grilling:

Grill tomatoes, tomatillos, onions, and jalapeños, turning once, until tender and charred in places, 6 to 8 minutes. Let cool slightly.

If you are broiling:

On foil-lined baking sheets, place tomatoes, tomatillos, onions, and jalapeños.

Broil under high heat, turning once, until tender and browned in places, 5 to 8 minutes. Let cool slightly.

Chop grilled vegetables into small pieces (and seed the jalapeños at this point, if desired) or place in a food processor (or high-powered blender) and pulse a few times until coarsely chopped. Stir in cilantro and lime juice. Chill in the refrigerator until ready to serve.

MAKE OMELET BATTER

In a small bowl, combine flaxseed with 1/4 cup water. Let rest for 5 minutes.

In a high-powered blender (or food processor), purée plant milk, chickpea flour, nutritional yeast, chili powder, baking powder, turmeric, cayenne, and flaxseed until smooth. Stir in scallions.

PREPARE OMELET

Preheat a 12-inch nonstick skillet over medium-high heat for 3 minutes. Reduce heat to medium and add some of the omelet batter. Cook, lifting edges to distribute uncooked omelet, until omelet is browned on the bottom and set, 10 to 15 minutes. Season with salt and pepper to taste. Repeat with remaining batter.

In a skillet over medium heat, heat tortillas one at a time until pliable, about 20 seconds on each side.

Cut each omelet into 4 wedges. Top omelet with grilled salsa and serve with corn tortillas.