

# © CHICKPEA CHICKS hummus

## SMOKIN' OMELETTE

- 1 Tbsp olive or butter
- 6-8 egg whites
- 1/4 of a tub of Chickpea Chicks Smokin' Hummus
- 3 Tbsp water
- 1 medium chopped tomato
- 1 bunch of green onion or 1/2 cup of chive blossoms
- 1/2 an 8oz bag of shredded cheddar cheese
- 1/4 tsp kosher salt (or more, if preferred)
- fresh ground pepper to taste

Break egg whites into a medium bowl. In a separate, small bowl mix the hummus & water into a sauce. Add the hummus-sauce, salt & pepper to the egg whites, thoroughly whipping together.

In a medium non-stick skillet heat olive oil or butter over medium-low heat. When heated add egg whites. As the eggs start to set up after about 2-3 minutes, add the chopped tomatoes (lightly seasoning with kosher salt, if preferred), shredded cheese & chive blossoms or green onions (reserving some of each for garnish). Cover with a lid & check after 5-7 minutes for firm edges & for the center of the eggs to be set, not jiggly. After the base has a nice firm slight crust, fold in half. Let rest for 10 minutes, cut in half & garnish with remaining tomato, cheese & chive blossoms or green onion.

Servings: 2 very large or 4 regular.

Enjoy!

