

Farmer's Market Omelet

Adapted from: Liza Sternik

Prep time: 5 minutes
Cook time: 10 minutes

Total time: 15 minutes
Serves: 2



Ingredients

4 eggs
¼ cup milk
2 tbsp. crumbled or grated cheese (goat, gruyere, milk cheddar)
½ onion, chopped

4 cups fresh greens, washed, de-stemmed and chopped
fresh herbs, 1-2 leaves, diced
1 large clove garlic, minced

Instructions

1. Warm a frying pan on medium-low heat. Add a dash of olive oil and a ½ tbsp. butter.
2. Sauté onions for a couple minutes, stirring occasionally.
3. Add minced garlic and diced herbs. Stir frequently to prevent garlic from burning.
4. Once garlic has turned golden, add fresh chopped greens. Stir and cover.
5. While greens are cooking, scramble eggs and milk. Add pinch of salt and pepper and whisk well.
6. In a large nonstick or well-seasoned cast iron frying pan, heat ½ tbsp. butter. Spread butter around pan. Once pan is completely coated and pan is hot, add eggs.
7. Let eggs cook for a minute, untouched.

8. Using a spatula, gently lift the sides of the omelet, allowing the runny top to seep down onto the hot pan. Continue this motion around the entire circle, raising the pan at an angle to better allow the runny top to move to the edges of the pan.
9. Once only a thin layer of runny egg remains on top, gently scrape this to the edges.
10. Quickly sprinkle cheese throughout the omelet and add greens onto one half of the omelet.
11. Turn off the heat, and flip the empty omelet half onto the filled half. Depending on the strength of your omelet, you might need to use two spatulas to complete this without breaking the omelet.
12. Cut in two portions and serve.