

Vegetable Omelet



Serves: 1

INGREDIENTS

2 eggs

Pinch of salt, optional

Pinch of ground pepper

1½ teaspoons (7.5 milliliters) olive or avocado oil

¼ to ½ cup (60 to 120 milliliters) lightly sautéed, small dice vegetables (e.g., broccoli, red bell pepper, onions, mushrooms, tomatoes, etc.)

When one thinks of omelets, images of greasy eggs filled with a mixture of cheese and processed meats like ham, and maybe a few diced pieces of vegetable, are what often come to mind. This recipe eliminates the butter used to cook the omelet as well as the cheese, which are both high in saturated fat. It also eliminates the processed meats linked to numerous chronic diseases. Instead, eggs (cooked in more healthful plant oil) are the canvas, which is decorated with ample veggies—whatever you have available. By browning the veggies, seasoning, and potentially even topping with fresh herbs or spicy salsa, you can layer in and develop flavors that turn out a delicious, and much healthier, dish than standard omelet fare. The key to good omelets is to cook low and slow—don't rush it. Browning an omelet will make it more chewy and less tender than desired.

INSTRUCTIONS

1. Beat the eggs with salt and pepper until the mixture is uniform.
2. Heat a nonstick skillet over medium-low heat and then add the oil. Heat oil briefly and then pour in the scrambled eggs. Cook briefly until the bottom of the omelet starts to set and sprinkle the vegetables over the top.
3. Continue to cook the omelet without flipping until the eggs are mostly set, but still slightly loose in the middle. Then, pull one edge of the omelet over to the middle. Repeat with the other side. Flip briefly to cook on the other side for a minute if you prefer firmer omelets.
4. Slide the cooked omelet onto a plate and serve as is or with your choice of toppings or sides. Adding salsa, fresh herbs, or pesto is another great way to add more veggies to the dish.

NOTES

- To make an egg white omelet (making the dish cholesterol-free, since all the cholesterol is in the yolk), substitute 2 egg whites for each full egg.
- To cut egg consumption in half, while substituting in a plant protein for part of the egg, blend one part egg to one part firm tofu in a blender and season with a pinch of black salt (*kala namak*, or Himalayan black salt, a sulfur-containing salt that tastes like eggs). The taste and texture are very similar to a 100% egg dish, especially when other ingredients are mixed in.

Nutritional Info (per 1 omelet): Calories 222, Total Fat 16.7 g, Saturated Fat 4.1 g, Cholesterol 372 mg, Sodium 303 mg, Total Carbohydrate 4.6 g, Dietary Fiber 1.1 g, Sugars 2.2 g, Protein 13.6 g, Vitamin A 20%, Vitamin C 28%, Calcium 5%, Iron 11%, Vitamin B12 37%, Magnesium 5%, Zinc 13%, Vitamin D 20%, Vitamin E 9%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
