

GUASTELLO'S VILLAGE MARKET

Sonora Omelet

Serves 2

Ingredients:

Salsa:

1 cup diced fresh or canned tomato
¼ cup chopped onion
¼ cup chopped canned green chilies
1 small clove garlic, minced
½ tsp. salt

1 chorizo or 2 hot Italian sausages
4 large eggs
2 tbl. milk
¼ tsp. salt
2 tbl. butter
½ cup shredded Monterey Jack or Cheddar cheese
½ cup sour cream
¼ cup red onion, chopped
Shredded lettuce and sliced avocado

Several hours before serving or a day ahead, prepare the Salsa: Combine all the ingredients in a bowl. Cover and refrigerate.

If you are using chorizo, skin and finely chop it. Just skin Italian sausages. In a small skillet, fry the sausage, breaking it up with a spoon, until browned. Drain the sausage on paper towels.

In a medium-size bowl, beat the eggs, milk, and salt. In a 10 inch skillet or omelet pan, melt the butter over medium-high heat. Add the egg mixture and swirl the pan so that egg evenly covers the bottom. Cook until the eggs are almost firm but the top remains moist.

Spoon the sausage down the center of the eggs and sprinkle with the cheese. Fold the sides of the omelet up to almost enclose its filling.

Transfer the omelet to a serving plate. Top it with sour cream and onion, then garnish with lettuce and avocado. Serve the omelet with the salsa.

Credit: Country Living Country Mornings