

GUASTELLO'S VILLAGE MARKET

Country Garden Omelet

Serves 2

Ingredients

4 large eggs
Kosher salt, to taste
Freshly ground black pepper, to taste
1/2 teaspoon garlic powder, optional
1 tablespoon olive oil
1/2 medium onion, diced, optional
1/2 red bell pepper (or yellow bell pepper), diced
1/2 green bell pepper, diced
1 tablespoon unsalted butter, or margarine

Instructions:

Crack eggs into a medium bowl. Add salt, pepper, and garlic powder, if using. Vigorously beat together with a fork, incorporating as much air as possible. Reserve.

Heat a 10-inch nonstick skillet or omelet pan over medium heat and add the olive oil. Add the diced onion, if using, and sauté for 3 to 5 minutes until tender.

Add the chopped peppers and cook for 3 to 4 minutes or just until the bell peppers are slightly tender. Turn off the heat.

Let the vegetables cool slightly, then add them to the reserved beaten eggs and combine well.

Using several paper towels, carefully wipe off the skillet and place it back over medium-low heat.

Add the butter and move the pan around to make sure the butter coats the entire bottom.

Pour the egg mixture into the pan.

Tilt the pan as you lift the edges of the omelet to allow the uncooked parts in the middle to flow out to the edges. This helps the eggs to cook quicker and more evenly.

Allow your vegetable omelet to cook until the bottom of the eggs is solid but not brown at all.

Using a rubber spatula, flip it over entirely and let it cook for 1 to 2 minutes before transferring to a plate. Or, fold the omelet in half and slide it off the pan onto a plate. The interior should be moist but not raw. Cut in half for 2 servings and enjoy!

Credit: thespruceeats.com

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