

Fruit Omelet

3 ea.....Large Eggs
¼ tsp.....Vanilla
½ tsp.....Sugar
1 c.....Diced fruit
½ c.....Vanilla Yogurt
3 Tbs.....Vegetable Oil

1. Whip eggs with vanilla and sugar.
2. Heat a well-seasoned 8" skillet with oil.
3. Pour eggs into hot skillet and stir with a rubber spatula, lifting so raw egg can seep under to cook.
4. Flip so top can cook.
5. Add fruit and yogurt.
6. Fold and slide out of skillet onto a plate.



Easter is next month and I thought this would make a nice brunch idea. You can garnish this by topping it off with some of the yogurt and some nuts or granola. I like to do my bacon by placing it on a sheet pan and sprinkling it with cracked black pepper and brown sugar. Then bake in a hot oven. Watch carefully. Also, try using sweet potatoes for hash browns and sprinkle with a little cinnamon. Of course butter can be used in place of the oil to give the omelet a buttery flavor.

Some other ideas for the omelet try adding some rum to the eggs and filling it with some sautéed diced apple and pecans with some cinnamon and brown sugar. In this one I used berries and Kiwi.

If you don't have a seasoned skillet you can use a coated one or season one your self. To do this, place a skillet on very low heat with vegetable oil for about an hour. Make sure you watch the skillet so it doesn't get too hot and catch fire. You will also need to roll the oil around the skillet making sure to coat the sides. Once you have a well-seasoned skillet it should never be washed. If something sticks add some oil and salt and heat on low. Then scrub with a wad of paper towels thick enough not to burn you hands.

Be creative, have fun and enjoy!!!