

Breakfast

Herbed Omelet

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3 eggs

1 teaspoon water

1/2 teaspoon Kosher salt

1 tablespoon unsalted butter

1/2 cup Gruyere cheese, grated

1/4 cup stemmed parsley leaves, chopped

2 sprigs tarragon, chopped, stems and all

1 small bunch chives, snipped into 1/2-inch pieces

In a bowl, whisk together the eggs, water and salt, whisking only enough to integrate. You don't want to whisk in too much air or make the eggs frothy.

Place a skillet over medium heat and add the butter. Swirl the butter as it melts so that it coats the whole surface of the pan. When the butter is melted but not browned, lower the heat and pour in the egg mixture. Use a fork to stir the eggs slightly, as if you were scrambling them. Allow the eggs to cook undisturbed for about 15 to 30 seconds.

Sprinkle the cheese and herbs all over. Cook until the eggs look almost fully set and only slightly loose.

Lift up the handle of the pan, tilting it away from you and toward the heat. This should cause the omelet to slide down the pan a little. Fold the edge closest to you toward the center. Fold the other edge toward center and tilt the pan over a plate so that the omelet lands seam side down. Or fold the omelet in half and slide onto the plate.

Serve immediately.

Per Serving (excluding unknown items): 576 Calories; 45g Fat (69.7% calories from fat); 37g Protein; 6g Carbohydrate; 1g Dietary Fiber; 726mg Cholesterol; 1339mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 5 1/2 Fat.