

The Accidental Omelette
by Laurie Lester

Pancakes, check.
Waffles, check.
Bacon, check,
Potatoes, check.
Frittatas & cobblers & scrambles, check.

Want to know a secret? I couldn't make an omelet! After months of trying, I finally gave up. Then, one day, divine intervention!

While preparing to make scrambled eggbeaters for a guest who required a low-fat, low-salt menu, I heated the pan and cooked the eggs. Just as I was getting ready to flip them and scramble, voila! An omelet appeared in the pan. So, I decided to try it again and... poof! Another omelet appeared. Of course, I served these perfect omelets to the guests as if they were *intended* works of culinary art!

Now, with a bit of experience and courage, I decided to try to re-create the accident with farm fresh eggs, vegetables and cheese. Again... perfection.

Here is Willow Pond B&B's Accidental Omelet Recipe:

Makes two omelets

¼ cup shredded Swiss Cheese
1/2 of an average Zucchini, cut into 1 inch long, thin julienned strips.
½ medium yellow or white onion, chopped
Two Tbsp basil **or** Green Onion, chopped
2 Roma tomatoes, chopped
Olive oil
Butter
6 eggs, beat three at a time, just prior to cooking
Fresh black pepper

Before cooking omelet, in medium frying pan, sauté chopped onion and zucchini in 1 tsp olive oil until onion is translucent, add tomato and basil or green onion. Cook about one minute, just to heat, don't overcook or tomatoes will be soggy. Set aside.

For each omelet:

Heat, over medium flame, 1 tsp unsalted butter and 1 tsp olive oil, in 8 inch omelette pan
Add 3 eggs beaten
Stir until eggs begin to firm, lifting sides of eggs to let unset egg run under. Reduce heat to low until eggs are almost set, sprinkle Swiss Cheese over entire omelette and add vegetable mixture to one side, fold omelet over veggie side. Flip entire omelette carefully to heat other side.

Serve hot with a sprinkle of black pepper.

Bon Appetite!

Laurie Lester is innkeeper/owner of Willow Pond Bed & Breakfast in Grand Junction
For more information about the inn, visit the website: www.willowpondbnb.com or call 970-243-4958

