

The Perfect Omelet

ingredients

2 farm eggs
olive oil
1/4 avocado, sliced
1/2 small tomato,
sliced
aged Parmesan or
Romano
salt
one dried red chili

directions

Crack eggs in a bowl, add two teaspoons of water. Whisk together until well blended. Heat frying pan, pour in olive oil, when oil is hot but not smoking, pour eggs into the pan. Let the eggs sit for a moment. When the edges start to curl and cook, use a spatula to gently pull the cooked edges to the middle, allowing the uncooked eggs to fill the edges. Continue doing this until most of the uncooked egg is cooked. Let the omelet firm up a bit more and then either flip and let cool for seconds, or slide onto your plate. Fill the omelet with avocado and tomatoes. Fold the other half of the omelet over and garnish with a grating of cheese and crushed red chili.



a gentler and *happier* approach to health