

Greek Omelet

Ingredients

2 potatoes, cut into ½" cubes and roasted
Organic, pasture-raised butter
1 zucchini, cut into straws
Salt/pepper to taste
Organic, pasture-raised eggs
Cherry tomatoes, halved
Organic, pasture-raised feta
Parsley
Mint
Kalamata olives

Preparation

1. Whisk eggs in a mixing bowl
2. Heat a large pan on medium heat and then coat with a thin layer of butter
3. Add zucchini, season with salt/pepper, and sauté until slightly golden
4. Add roasted potato cubes.
5. Pour in the eggs and reduce heat to the lowest setting
6. Arrange tomatoes on top of the omelet and cover the pan with a lid. Continue cooking for 3-5 minutes on low heat
7. When the egg is set, remove omelet from pan and place on a serving plate
8. Garnish with feta, mint, parsley, and olives

Notes

You can make this with any number of eggs that you like. You can also substitute egg whites for eggs. Often, I will use 2 whole eggs and 2 egg whites for this recipe.

Keep an eye on the thickness of your egg mixture when it goes into the pan. If it's too thick, the eggs may start to burn on the bottom before they set on the top. That's why adjusting the heat is very important. As soon as you pour in the eggs, they'll cook on the bottom. But the top will be raw. By reducing the heat and covering with a lid, you keep the omelet from burning while it continues to cook through.