

## Jamaican Omelet

### Ingredients

Organic, pasture-raised eggs  
Organic, pasture-raised butter  
Good quality olive oil  
½ onion, cut into ¼" cubes  
1 carrot, peeled and coarsely grated  
1 tbsp organic tomato paste (optional)  
2 small tomatoes, cut into ¼" cubes  
3-5 stalks of kale, torn into 1" squares, hard centers removed  
Red pepper flakes to taste  
Salt/pepper to taste  
Parsley and/or cilantro to garnish

### Preparation

1. Whisk eggs in a mixing bowl. Set aside
2. Heat a small amount of olive oil in a large pan on medium heat
3. When the oil is hot, add the onion, season with salt and pepper and sauté until translucent, stirring regularly (about 5 minutes)
4. Add carrots and sauté an additional 3-4 minutes until soft, stirring regularly
5. Stir in the tomato paste until well mixed
6. Add tomatoes and continue sautéing 2 for minutes, stirring gently, until tomatoes start to become soft
7. Toss in the kale and sauté an additional 2 minutes. Season with red pepper flakes. Taste. And adjust salt/pepper/spice to your liking.
8. Remove vegetables mixture from heat and set aside
9. Heat a clean pan on medium heat, and coat with a thin layer of butter when hot.
10. Pour in the eggs and cook until set.
11. Assemble the omelet by filling with vegetable mixture
12. Garnish with parsley and/or cilantro

### 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.

You can make this into an open-face omelet or fold the eggs around the vegetable mix, top with a little more vegetable mix and garnish with parsley/cilantro.