

Versatile Omelet Recipe:

This recipe is versatile: you can exchange the meats or not have it in it at all:

mushroom
chopped meat (turkey, chicken, beef, buffalo)

Ingredients:

2 to 3 eggs mix with fork or whisk 1/2 teaspoon thyme
salt to taste 1 small to medium onion sliced thinly & evenly

12 oz mushrooms--sliced in fairly even sizes & thicknesses:

Pan must be fairly hot--use about tablespoon of extra virgen olive oil & a dab of butter & wait until it melts

Saute mushrooms--don't turn & let at least one side sear.

Put onion on top of mushroom until they are translucent.

Mix & turn & let reduce down & absorb flavors.

Add herbs & salt to taste--remove from heat.

Add extra virgen olive oil to pan & dab of butter until hot.

Pour egg mixture into pan.

Put mushrooms & onions onto the egg mixture and space out evenly.

When a little dryer so it doesn't leak flip-it over.

Let it cook lightly & remove from heat.

Portabella baby portabella white mushrooms more expensive & exotic: enoki shiitake maitake
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Optional:

Put a salsa or tapanade mixture in the center & fold in half.

Or you can decide not to add chopped meat just leave it as a mushroom & onion, vegetable omelet.

Or put in vegetable puree from puree recipe in the center & fold in half.

Recipe provided by Bert Rodriguez-Munnet your Chiropractic Physician at:

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