

Chicken and Cheese Omelet



Omelets! They're wonderfully quick to the table and so nutritious. It carries a French name and theoretically was a French invention and they've certainly mastered the art of cooking the omelet. But enough about the French.

Many cultures (Japanese, Persians and Romans) have used eggs in a similar way over the centuries. Regardless of who claims credit for creating the omelet, I claim it to be delicious.

Preparation time: 25 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Before you start cooking, prep and organize your ingredients in small bowls so they are easy to add. Everything's easier when you're organized.

Chicken or Plant-based Choice

Chicken:

1 tsp olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Plant-based Choice:

1 tsp. olive oil
12 Morningstar Chik'n strips
1/4 C. white wine

Salad, Dressing and Finish

Fixings for a green salad

Il Simplicio Dressing:

3 T. olive oil
1/2 tsp. prepared mustard
2 T. balsamic vinegar
1/2 tsp. low-sodium soy sauce
3 T. low-sodium vegetable broth

Finish Items:

2 sliced buttered toast
1 orange (peeled and sectioned)

Omelet

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/4 C. yellow onion (chopped)
1/4 C. red bell pepper (chopped)
1/2 tsp. dry oregano leaves
1/4 C. white wine
2 eggs
and
3 egg whites
1/4 C. shredded sharp cheddar cheese
1 C. tomato salsa (from fridge or commercial)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Cook the omelet as the very last step in putting this meal on the table. You'll want to serve it hot from the pan.

Chicken:

Chicken or Plant-based Choice

Brown chicken breast in oil and add 1/2 C. white wine to the pan. Reduce heat, cover and cook 5 minutes per side. Allow to cool and chop.

Plant-based Choice:

Brown strips in oil and add 1/4 C. white wine to the pan. Cover and cook until wine cooks away. Allow to cool and chop.

Salad, Dressing and Finish Items

Make a couple of green salads on individual plates.

Place dressing ingredients in a small jar with a tight-fitting lid. Shake until well blended. Transfer to a small serving pitcher and place on table.

Make two slices lightly-buttered whole-grain toast. Place on the side of the omelet plate.

Divide the orange between two serving plates. Arrange sections along the edge of the plates.

Omelet

1. Sauté garlic, onion and red pepper in oil until onion begins to brown. Add oregano and wine. Toss until wine cooks away. Remove from pan and set aside.
2. Crack two whole eggs into a bowl and add 3 egg whites. Whisk well until you have a mixture of uniform, pale yellow color.
3. Use nonstick 9" sauté pan or seasoned omelet pan. Measure 1 tsp. olive oil into the pan and heat over medium heat for about 3-minutes. Pour whisked egg mixture into pan and tilt pan to allow egg to run well to the edges to ensure uniform cooking. Gently lift the edges of the egg with a spatula to keep edges from sticking. Slow and even cooking is the key, it'll take about 3 minutes.
4. As the edges become firm and the top is still slightly wet, pour garlic/onion/pepper mixture down the center of the omelet. Add chopped chicken and sprinkle with shredded cheese. Using the spatula, fold the edges of the omelet over the filling so that they overlap.
5. About 1-1/2 minutes after folding over, use a large spatula and flip the omelet over. Cook another minute, loosen again with a spatula and slide omelet out onto a serving plate. Cut omelet in half and place half on each plate. Spoon fresh salsa into small ramekins and place on plate next to omelets.

What I've Learned from this Recipe

An omelet can be a stand-by meal anytime you need to quickly get something on the table. It can be filled with meat and vegetables, but can also be served with just a few fresh herbs, salt and pepper.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com