



Dr. G's California Omelet

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 2 pasture-raised or omega-3 eggs
- 1 T. extra-virgin olive oil
- 2 cups sliced kale
- 1 lemon
- 1 T. grated Parmesan
- ¼ diced avocado
- 2 T. chopped prosciutto (optional)
- Salt and pepper to taste

Directions

1. Whisk the eggs with a pinch of salt and set aside.
2. Heat an 8" nonstick skillet over medium heat, and add half the olive oil.
3. Add prosciutto, if desired, and kale. Saute until the kale is wilted, then remove kale mixture and place in a bowl. Mix in avocado and a squeeze of lemon juice, and set aside.
4. Wipe the pan clean and put back on the stove over medium heat. Add the rest of the olive oil and the eggs.
5. Cook over medium heat until eggs are cooked through on the bottom and begin to set on top.
6. Sprinkle with cheese, and let cook a minute more, allowing cheese to melt, then carefully remove omelet to a plate. Place kale mixture on half of the omelet and fold to make that classic half-moon shape.
7. Keep in mind: If the omelet breaks, no big deal. Just add the kale to the pan and mix everything up for a California Scramble!

As promised, this gem of an omelette is packed with heart-healthy omega-3s and protein to keep you fueled... not to mention tons of polyphenol-rich kale.

Note: If kale isn't exactly your favorite, give this recipe a try before writing it off — it's my favorite way to turn kale skeptics into believers. By the way, this omelette is good for more than just breakfast — I love it with a big green salad for lunch or dinner, too!