

# Breakfast

## Asparagus Omelet

*\*Vegetarian, Gluten-Free*

Omelets work well for a breakfast, brunch, lunch or dinner. When in a pinch and feeling pressed for time make omelets for dinner. They are delicious and nutritious.

### You'll Need

- 1/2 pound asparagus, trimmed
- 2 tablespoons butter
- Small clove garlic, minced
- 1/2 pound mushrooms, sliced
- 4 eggs lightly beaten
- 2 tablespoons milk
- 1/2 teaspoon salt
- 1/4 teaspoon crushed dried basil
- 1/8 teaspoon freshly ground pepper



### Directions

- Cut asparagus in 1 inch pieces; cook in boiling salted water until tender, about 2 to 4 minutes. Drain thoroughly.
- Melt 1 T butter in 8 inch skillet; sauté garlic and mushrooms until done and moisture has evaporated. Remove from pan; keep warm.
- In a small bowl, combine eggs, milk, salt, basil and pepper.
- Melt remaining butter in skillet until foamy, swirling it around pan to coat evenly.
- When hot enough that a drop of water sizzles when dropped in, pour in egg mixture. Tip pan so eggs coat skillet evenly.
- As eggs cook, periodically lift up cooked edges, tilt pan and let uncooked egg run underneath. When eggs are cooked, but surface is still shiny, place asparagus and mushrooms on one side; slide out of pan, folding side without vegetables over top. Serve immediately.

### Play With Your Food

- Vary up the veggies based on what you have on hand
- Try using fresh basil instead of dried

Medwell Kitchen Tested