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Sun-Dried Tomato and Goat Cheese Omelet

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Sometimes the filling for my omelet is determined by something I find in my pantry. I don't recall what led me to buy the jar of sun-dried tomatoes that went into this one, but they were very much at home in an omelet.

For each omelet:

2 eggs

1 tablespoon low-fat milk

Salt and freshly ground pepper

1 small garlic clove

2 teaspoons extra virgin olive oil

2 tablespoons chopped oil-packed sun dried tomatoes

1/2 ounce crumbled goat cheese (about 2 tablespoons)

A few leaves of fresh basil, cut in thin strips

1. Break the eggs into a bowl and beat with a fork or a whisk until they are frothy. Whisk in the milk, salt, pepper and garlic.
2. Heat an 8-inch nonstick omelet pan over medium-high heat. Add 2 teaspoons olive oil. Hold your hand an inch or two above the pan, and when it feels hot, pour the eggs into the middle of the pan, scraping every last bit into the pan with a rubber spatula. Swirl the pan to distribute the eggs evenly over the surface. Shake the pan gently, tilting it slightly with one hand while lifting up the edges of the omelet with the spatula in your other hand, to let the eggs run underneath during the first few minutes of cooking.
3. As soon as the eggs are set on the bottom, sprinkle the sun-dried tomatoes, cheese and basil over the middle of the egg "pancake," then jerk the pan quickly away from you then back toward you so that the omelet folds over onto itself. If you don't like your omelet runny in the middle (I do), jerk the pan again so that the omelet folds over once more. Cook for a minute or two longer. Tilt the pan and roll the omelet out onto a plate, and serve.

Another way to make a 2-egg omelet is to flip it over before adding the filling. Do this with the same motion, jerking the pan quickly away from you then back toward you, but lift your hand slightly as you begin to jerk the pan back toward you. The omelet will flip over onto the other side, like a pancake. Place the filling in the middle. Then use your spatula to fold one side over, then the other side, and roll the omelet out of the pan.

Yield: 1 serving.

Advance preparation: You can chop the sun-dried tomatoes and crumble the cheese hours before you make the omelet.