



## Everyday Oven Omelet for Two

### Ingredients

- 1 Tbsp olive oil
- 1 Tbsp butter
- ½ cup cooked chopped potatoes (I actually had tri colored small potatoes left over)
- 1 Tbsp shallots (thinly sliced)
- ½ cup flaked smoked fish
- ½ cup chopped leftover broccoli or broccolini or asparagus
- 2 Tbsp chopped dill or basil

### Instructions

Preheat the oven to 350 with the oven shelf in the middle.

Over medium high heat, warm the olive oil and butter together in an 8-inch saute pan. Lightly saute the potatoes and shallots for minute until they are a little brown. Add the fish, vegetables and herbs and distribute evenly. Meanwhile mix the egg ingredients below together:

- 4 eggs
- ¼ tsp. salt
- Fresh ground white or black pepper, as much as you like
- 1 Tbsp plain yogurt (at least 2%) or sour cream
- 2 Tbsp crumbled feta or goat cheese

Pour egg mix on top of the sauteed veggies and fish. When the edges of the omelette are lifting (after one to two minutes), slip the pan carefully into the heated oven for about ten minutes. Slide out of the pan onto a serving plate and slice pizza style.

Note: This can be easily doubled for four eaters and put into a 10-inch nonstick skillet.

This was great served with rye toast and a huge bowl of mixed fruit. So satisfying!