

Mushroom and Cheese Omelet

The omelet, wow! Talk about a dish with a blend of cultures! Although the French claim the omelet, it's origins have deep international roots. We'll be adding smoky tempeh (a contemporary version of an Indonesian staple) and then we'll top it with homemade tomato salsa (thanks to the Aztecs and Mayans).

A crisp green salad finishes this meal.

Preparation time: 25 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients in small bowls so they are easy to add. Prep 2 cloves chopped garlic: 1 for the salsa and 1 for the omelet. Prep 1/2 C. chopped onion: 1/3 C. sweet onion for the salsa and 2 T. yellow onion for the omelet.

Quick, Low-sodium Tomato Salsa

1 clove garlic (smashed and chopped)
1/3 C. sweet onion (finely-chopped)
Juice from 1 lime
1 Jalapeno pepper (seeded, finely chopped)
1 Anaheim pepper (seeded, finely chopped)
1/4 C. cilantro leaves (finely-chopped)
pinch of salt

one 15 oz. can no-salt, diced tomatoes

Green Salad/Dressing

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

Tempeh/Mushrooms

1 package Smoky Tempeh (use 2 slices tonight)
1 tsp. olive oil
6 Cremini mushrooms (sliced)

Omelet

2 eggs
and
3 egg whites
1 T. canola oil
1 clove garlic (smashed and chopped)
2 T. yellow onion (thin-sliced and chopped)
1/4 C. sharp cheddar cheese (shredded)
2/3 C. Low-sodium Tomato salsa

Finish Items

2 slices lightly-buttered whole-grain toast
1 orange (peeled and sectioned)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by making salsa. Cook the omelet as the very last step in this meal preparation. You'll want to serve it hot from the pan.

Quick, Low-sodium Tomato Salsa

If making by hand:

Chop and combine all ingredients into a medium-sized bowl. Stir in diced tomatoes.

If making in a food processor:

Place all ingredients except diced tomatoes in the processor and chop fine.

Add the chopped tomatoes and pulse a couple of times to mix.

Green Salad/Dressing

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.

Tempeh and Mushrooms

Brown the entire package of tempeh strips 4 minutes per side in a 400° oven. Remove and let cool. Chop 2 strips for tonight's omelet. Store extra pieces in a sealable storage bag in the fridge.

Brown mushrooms in oil and remove from pan. Set aside.

Omelet/Finish Items/Serve

1. Crack two whole eggs into a bowl and add 3 egg whites. Whisk well until the eggs have a uniform, pale yellow color.
2. Using a nonstick 9" sauté pan or seasoned omelet pan, heat the dry pan for about 30 seconds at medium high. Spread canola oil in the pan and heat over medium heat for about 2-minutes. Pour whisked egg mixture into pan and tilt pan to allow egg to run well to the edges to ensure uniform cooking. Reduce heat to medium-low. 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.
3. As the edges become firm and the top is still slightly wet, sprinkle chopped tempeh, mushrooms, garlic, onion and cheese over 1/2 of the omelet. Using the spatula, fold the uncovered half over the filling.
4. About 1-1/2 minutes after folding over, use a large spatula and flip the omelet over. Cook another minute, loosen again, cut in half and slide omelet halves onto dinner plates.

Serve: Spoon 1/3 C. fresh salsa into two small ramekins and place on plate next to each omelet half. Make two slices lightly-buttered whole-grain toast. Place on the side of the omelet plate.

Divide orange sections between the dinner plates or serve as a side.

What I've Learned from this Recipe

I always brown my tempeh in a hot oven before using it. The caramelization during the browning of the strips gives them a more satisfying flavor and mouth feel.

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