



Ingredients

- ✓ 2 eggs
- ✓ 1/3 Cup diced onions
- ✓ 1/3 cup diced peppers (I like red, yellow, and orange)
- ✓ 1/2 cup mushrooms, rough chopped
- ✓ 1 cup fresh baby spinach
- ✓ 1 tablespoon olive oil
- ✓ 1 pat unsalted butter
- 2 tablespoons feta cheese

Omelet

I have recently gone keto to see how it helps my hEDS. (Y'all. The first two weeks were torture. Then a switch flipped. No more cravings. No more snacking. I feel better, healthier, cleaner. It's amazing!) But... finding delicious, satisfying meals took me a while. My absolute favorite go-to is the humble omelet. With this delight starting my day, I am fueled, my hunger is kept at bay for hours, and I'm getting all the right combo of fats and proteins and carbs. A good omelet is tricky to make, so here's my recipe.

Directions

1. Sauté onions, mushrooms, and peppers in the olive oil until caramelized
 2. Add a handful of spinach, wilt to your satisfaction.
 3. Stir all the veg together, then add the butter, swirl around the pan for maximum non-stick
 4. Scramble the eggs and add them to the pan, agains swirling the pan for max coverage
 5. Turn the heat to medium and let the omelet cook for a full minute
 6. Take a spatula to the edges and shake the uncooked egg out to the pan's hot surface
 7. Repeat.
 8. Now, this takes dexterity and practice, but make sure all the edges are loosened, then flip the omelet by tossing it in the air (feel free to do this over the sink until you get the hand of it) You might end up with a delicious scramble the first few times.
 9. Let the uncooked side settle and add the feta
 10. Fold over one edge to make the traditional omelet shape.
- Voila. Serve piping hot.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.