SMOKED SALMON OMELETTE

Ingredients:

- 3 eggs
- 1 tbsp. grated parmesan cheese
- 3 tbsp. milk
- salt and pepper to taste
- chopped red onion
- chopped tomato
- 3 about leaves of spinach, sliced thinly
- thinly sliced smoked salmon
- sour cream to dollop on top

Instructions:

- Beat the eggs and add the milk and Parmesan cheese until well blended.
- Heat your favorite omelette pan and either spray with cooking spray or use butter to avoid sticking.
- Pour the egg mixture into the omelette pan. Sprinkle with salt and pepper.
- Begin lifting the edges, allowing the uncooked egg to run under, rocking the pan around to cook through.
- When the omelette is beginning to set, sprinkle the spinach and some of the onions and tomatoes inside the omelette, reserving some tomatoes and onions for the top. Add a layer of sliced smoked salmon on one side of the omelette.
- Fold the omelette in half and allow to heat like that for just a minute. Then slide out onto a plate. Turn off the heat.
- Top the omelette with onions, tomatoes and a dollop of sour cream. Add extra salt and pepper if desired.