

Bell Pepper Vegetarian Omelet

Prep: 10 mins

Cook: 10 mins

Total: 20 mins

Servings: 2 servings

Eggs in any form are a wonderful way of getting a great amount of nutrition in flavorful preparations. Hard-boiled, scrambled, or baked, eggs are packed with protein, vitamins D, B12, and E, and iron¹. Present in all cuisines, eggs are cooked in a variety of ways, but omelets seem to be a world-renowned preparation, the perfect way of cooking beaten eggs to a fluffy texture, moist inside and golden in color. Omelets are a great one-dish meal because, with their folded shape, many additional ingredients can hide inside, both for flavor and texture.

Our vegetarian omelet features colorful peppers, but it lends itself to a multitude of variations. It is up to you to choose additional vegetables to include in the omelet, or perhaps cheese. For best flavor, use quality ingredients like organic eggs and vegetables, freshly cracked pepper, and kosher salt. And be sure to use a nonstick pan or generously oil a regular pan.

Omelets can be a filling anytime meal, served with toast and fruit for breakfast or a simple salad for lunch or dinner.

Ingredients

- 4 large eggs
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/2 teaspoon garlic powder, optional
- 1 tablespoon olive oil
- 1/2 medium onion, diced, optional
- 1/2 red bell pepper (or yellow bell pepper), diced
- 1/2 green bell pepper, diced
- 1 tablespoon unsalted butter, or margarine

Steps to Make It

1. Gather the ingredients.
2. Crack eggs into a medium bowl. Add salt, pepper, and garlic powder, if using. Vigorously beat together with a fork, incorporating as much air as possible. Reserve.
3. Heat a 10-inch nonstick skillet or omelet pan over medium heat and add the olive oil. Add the diced onion, if using, and sauté for 3 to 5 minutes until tender.
4. Add the chopped peppers and cook for 3 to 4 minutes or just until the bell peppers are slightly tender. Turn off the heat.
5. Let the vegetables cool slightly, then add them to the reserved beaten eggs and combine well.
6. Using several paper towels, carefully wipe off the skillet and place it back over medium-low heat.
7. Add the butter and move the pan around to make sure the butter coats the entire bottom.
8. Pour the egg mixture into the pan.
9. Tilt the pan as you lift the edges of the omelet to allow the uncooked parts in the middle to flow out to the edges. This helps the eggs to cook quicker and more evenly.
10. Allow your vegetable omelet to cook until the bottom of the eggs is solid but not brown at all.
11. Using a rubber spatula, flip it over entirely and let it cook for 1 to 2 minutes before transferring to a plate. Or, fold the omelet in half and slide it off the pan onto a plate. The interior should be moist but not raw. Cut in half for 2 servings and enjoy!

Raw Egg Warning

Consuming raw and lightly cooked eggs poses a risk for foodborne illness.

Flavorful Additions

Our vegetarian omelet is a perfect canvas for additions or substitutions:

- Mushroom omelet: sauté 1/2 cup of chopped mushrooms (white, portobello, shiitake) with the optional onions before you add the peppers. Fresh mushrooms give off a lot of water, so you can use well-drained canned mushrooms instead. Once the veggies are soft, follow the rest of the recipe as is.
- Greens omelet: wilt 1 cup of chopped baby spinach or kale alongside the bell peppers and optional onions. Once the veggies are soft, follow the rest of the recipe as is.
- Spanish omelet: Add the onions to the pan, plus 1 clove of minced garlic. A take on a Spanish tortilla, this variation needs these alliums. Once the onions are soft, add 1/2 cup of diced cooked potatoes. Follow the rest of the recipe as is, but instead of the optional folding, turn the omelet completely to give it a golden color on both sides.
- White omelet: for calorie-conscious people, use 4 to 6 egg whites to make the omelet. Use any vegetables of your liking to fill the omelet.
- Cheese omelet: use any vegetables of your liking to fill the omelet, but right before folding it, add 1/2 cup of the shredded cheese. Cheddar or Gouda are good options. Fold

the omelet, transfer to a plate, and let it rest for 2 minutes to allow the cheese to melt slightly.

Garnish any of these variations with thinly sliced chives.