

Lauren, a CSA member, sent in this recipe.

### **Veggie Omelet**



My favorite take on the veggies from Tierra Miguel Farm has been a good, morning omelet! I just crack two eggs into a bowl, add a dash of milk, whisk away and add a little fresh rosemary. In one pan I put about a teaspoon of olive oil and add about 1/4 of an onion chopped finely, two cloves of garlic, also finely chopped, the Mizuna, Tatsoi, cilantro, arugula, and tomatoes chopped (about one and a half cups all together). After the greens are soft I take the pan off the heat. Then I heat a separate pan (big enough for an omelet) and add a small amount of oil. I pour the eggs in and let them cook for a few minutes till the top is barely runny. Then I grate some fresh cheese (just a small amount) onto the eggs. Then I pour the sautéed veggies to fill the omelet and lift half of it over to seal the deal. Get a clean plate and bon appetit!