



Smoked Salmon Omelet

This is my favorite omelet to make, the taste is outstanding, and it is an easy go to recipe, when I do not feel like doing major work in the kitchen. It is very simple to make yet tastes like a decadent treat.

Prep Time: 10 min.

Cook Time: 5 min.

Ready In: 15 min.

Serving Size: 2 servings

Ingredients

- ✓ 4 eggs
- ✓ 2 ounces of thinly slices smoked salmon, cut into strips
- ✓ 2 tablespoons sour cream
- ✓ 1 tablespoon brown mustard
- ✓ 1 tablespoon of dill
- ✓ 2 tablespoons of water
- ✓ 1 teaspoon butter
- ✓ 1 tablespoon of finely chopped fresh chives

Directions

1. Whisk sour cream and mustard in small bowl to blend and set aside.
2. Wisk eggs, water, chives and dill in medium bowl to blend. Sprinkle egg mixture with salt and pepper.
3. Melt ½ teaspoon of butter in a small nonstick skillet over medium heat. Add ½ of egg mixture and stir briefly. Let eggs begin to set at edges, lift edges of omelet and tilt pan, allowing uncooked portion to flow underneath. Cook until eggs are set but still moist, about 1 minute.
4. Spread half of sour cream mixture and half of salmon over half of omelet. Using spatula fold unfilled portion over onto the filled portion. Slide omelet onto plate.
5. Repeat sets 2 through 4 with remaining butter, egg mixture, sour cream mixture and smoked salmon filling.

Nutrition

Amount per serving

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|--------------------|-----------------------|
| ❖ Calories: 268 | ❖ Cholesterol: 354 mg |
| ❖ Total Fat: 19 g | ❖ Sodium: 828 mg |
| ❖ Total Carbs: 3 g | ❖ Potassium 285 mg |
| ❖ Protein: 18 g | |