

# Mark's Kitchen

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## Quick Herb and Avocado Omelet

This combo from my new book, *Eat Fat, Get Thin*, is fast enough for a quick breakfast and equally excellent for lunch along with a tossed green salad. Tip: you like dry omelet centers, not creamy, the trick is to use your broiler for about 30 seconds to finish it off in the oven.

Serves: 1

Prep Time: 5 minutes

Cook Time: 5 minutes

### Ingredients:

2 teaspoons unsalted butter

2 large omega-3 eggs

2 teaspoons filtered water

1 tablespoon chopped parsley or cilantro leaves

1 scallion, thinly chopped

Pinch sea salt

Pinch ground black pepper

1/4 of an avocado, pitted and sliced

1/2 small tomato, thinly sliced

Step 1: Place an 8- to 9-inch ovenproof non-stick skillet over medium low heat and add the butter. While the butter is melting, whisk the eggs, water and herbs together. Add the salt and pepper and whisk.

Step 2: When the butter is melted and the pan is hot, pour in the eggs and allow them to sit undisturbed until the bottom has set, about 1 to 2 minutes. With a flexible, flat spatula, gently lift the edges of the omelet and allow the liquid eggs to flow underneath.

For a loose omelet with a creamy center, allow eggs to cook another minute until set but creamy, and then add three slices of tomato and the avocado in the center. Fold edges of omelet into the middle and serve.

Step 3: For a firmer omelet, preheat your oven broiler to high and move the top rack to one below the top level. Place the pan under the broiler for 15 to 30 seconds to set still creamy eggs, then remove from the oven, add the tomatoes and avocado, fold and serve.

*Nutritional analysis per serving (1 omelet):* calories 300, fat 25 g, saturated fat 9 g, cholesterol 470 mg, fiber 4 g, protein 16 g, carbohydrate 9 g, sodium 230 mg