

Mark's Kitchen

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Garden Omelet

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 4

This superfood omelet contains many veggies that are detoxifying, anti-inflammatory, hormone-balancing and nutrient-rich. Brussels sprouts and kale provide folate and glucosinolates, which help your body detoxify. Seaweeds are full of minerals and help bind heavy metals; avocados are loaded with healthy mono-unsaturated and saturated fats; and cilantro also helps with detoxification.

Note: If you can't find roasted seaweed snacks, you can substitute 1 ounce plain nori. Before using nori, brush it with a tiny bit of oil and toast it in a lightly oiled skillet over medium-heat for 10 to 15 seconds on each side. Cut into 3-inch squares before using in the omelet.

Ingredients:

- 2 large kale leaves, stemmed and halved lengthwise
- 4 Brussels sprouts, trimmed and halved
- 3 large pasture-raised eggs
- 5 large pasture-raised egg whites
- freshly ground black pepper and sea salt, to taste
- 2 tablespoons extra-virgin olive oil
- 6 crimini mushrooms, sliced

- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh dill
- 2 (1/2-ounce) packages roasted seaweed snacks (see note)
- 2 cups baby spinach
- 1 avocado, peeled, pitted and sliced, for garnish
- 1 teaspoon white truffle oil (optional, for garnish)

Step 1: Bring a large pot of water to a boil over high-heat. When it boils, add a large pinch of sea salt. Drop in the kale leaves and Brussels sprouts and blanch just until they turn a brighter shade of green, 2 to 3 minutes. Drain well.

Step 2: Crack the 3 eggs into a medium mixing bowl, and then add the 5 egg whites. Whisk the eggs together and season with salt and black pepper, to taste.

Step 3: Heat the oil in a large nonstick pan over medium-heat. Add the eggs and immediately turn the heat down to low. Stir to scramble the eggs, tilting the pan to distribute them in an even layer.

Step 4: As soon as the eggs are no longer runny, arrange the Brussels sprouts on one side of the omelet and scatter the mushrooms over them. Add the kale and sprinkle the cilantro and dill on top. Cover the herbs all with the seaweed snacks and top with the spinach.

Step 5: Cover the pan and cook over the lowest possible heat for 5 minutes.

Step 6: Fold the omelet in half and then cut it into 4 sections. Garnish each portion with a few slices of avocado and a drizzle of truffle oil, if using. Serve immediately.

Nutritional analysis per serving (1 slice of omelet): calories 248, fat 18 g, saturated fat 3 g, cholesterol 123 mg, fiber 6 g, protein 14 g, carbohydrate 12 g, sodium 120 mg