

From the Kitchen of Appledorn Living Center

French Omelet (serves one)

Eggs- 2-3 per omelet
Your favorite ingredients
Salt + Pepper to taste
Olive Oil

Instructions:

1. Cut omelet filling ingredients into bite size pieces.
2. In a non-stick pan, on medium-high heat, add oil just to coat pan.
3. Once heated, add filling ingredients in order of hardness or density. Season to taste.
4. Cook until desired tenderness. Reserve
5. Wipe out pan with dry towel, paper towel works great
6. Place non-stick pan on medium-high heat. Once preheated, add oil just to coat pan.
7. Meanwhile, whisk eggs.
8. Add eggs to heated pan and begin bringing cooked eggs from the edge to the center with heat resistant rubber spatula. Tip the pan towards the direction you are pulling cooked eggs to fill with raw eggs. If you get air pockets during this process, just poke with spatula to “pop” them.
9. Once raw egg no longer is running to fill in the holes, flip the omelet and remove from heat.
10. Add your filling ingredients on half of the egg, and fold omelet in half.

Blueberry Donut French Toast (serves 2)

Blueberry donuts – 2-3
Eggs- 3 large
Milk- ¼ cup
Vanilla- ½ tsp
Nutmeg (or cinnamon if preferred)- ½ tsp
Olive Oil

Instructions:

1. Mix together eggs, milk, vanilla, nutmeg. Eggs should be smooth, but not over mixed.
2. Cut donuts in ½ side to side.
3. Preheat non-stick pan on medium heat.
4. Add oil just to coat pan.
5. Place halved donuts in egg mix, gently submerging, one at a time and add to pan in a single layer. Depending on the size of your pan, this may need to be done in stages.

Fresh Berry Mimosas

Pulp free orange juice (substitute with your favorite juice)
Champagne
Your favorite fresh berries

Instructions:

1. Lightly muddle berries in glass, reserve some whole for a garnish
2. Add Champagne to fill glass ½ way
3. Finish with orange juice
4. Lightly stir, then garnish