



# FETA-STUFFED

Omelette

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### PREP TIME

15 minutes



### RECIPE INFO

Makes 1 serving

### INGREDIENTS

#### Arugula

- 1 cup baby arugula, cleaned
- $\frac{1}{8}$  tsp red pepper flakes
  - pinch of salt
- $\frac{1}{8}$  tsp ground black pepper
- $\frac{1}{2}$  Tbsp butter

#### Eggs

- 2 eggs
- $\frac{1}{8}$  tsp salt
- $\frac{1}{8}$  tsp ground black pepper
- $\frac{1}{2}$  Tbsp butter
- 4 Tbsp feta crumbles
- 2 Tbsp caramelized onions or  
caramelized onion jam (optional)

### DIRECTIONS

Combine arugula ingredients and sauté until softened. Set aside. Preheat small frying pan to medium heat. Add butter. Whisk eggs, salt, and pepper in a small bowl. Add egg mixture to preheated, buttered pan. Let cook until eggs are fully set. Top cooked eggs with feta crumbles, the sauteed arugula, and caramelized onions, if desired. Fold sides of omelette and serve.