

Chef Draxton's Asparagus Omelet Serves 2

Ingredients:

18-20 thin stalk asparagus

2T Butter

2 Eggs

¼ C Half & Half

1t dried parsley

¼ C white or mild cheddar cheese

Directions:

Rinse and trim the ends of the asparagus. Fill a saucepan with water. When the water has reached a rolling boil add the asparagus stalks and boil for 4 minutes.

Drain in a colander, and then chop the asparagus into small, bite-sized pieces.

Place butter in a frying pan and heat to medium. Once the butter has melted add the chopped pieces of asparagus and sauté for one minute. Set half of the asparagus aside for the second omelet, leaving half in the frying pan.

Omelet:

Add 2 Eggs and ¼ Cup of Half & Half into a mixing bowl, using a whisk lightly blend. Sprinkle a teaspoon of dried parsley into the egg mixture. This is enough to make two omelets.

Pour half of the egg mixture into the frying pan over the asparagus pieces. Do not mix.

Let the omelet cook till it sets up and is firm enough to flip over.

Then flip the omelet and sprinkle over it ¼ C of white (or mild) cheddar cheese.

Continue to cook till the cheese melts, approximately 1 – 2 minutes.

Then fold the edge of the omelet over to form a half and it's ready to serve.

Repeat for second omelet – adding remaining half of egg mixture to remaining half of asparagus into the frying pan and proceed with above steps – cooking till firm enough to flip over, sprinkling with cheese etc.