

BACON AND AVOCADO PUFFY OMELET

Source: **BETTER HOMES & GARDENS** Great Cooking For 2

Cook/Prep Time: 30 minutes

INGREDIENTS:

3 slices bacon
4 eggs
2 TBS water
1 TBS butter
3/4 C shredded Monterrey Jack or Cheddar cheese (3 oz)
1/2 small ripe avocado, seeded/peeled/chopped
1 small tomato, chopped (1/2 C)
1/2 C alfalfa sprouts (optional)
Sour Cream
Fresh tarragon, for garnish (optional)

DIRECTIONS:

In skillet, cook bacon till crisp - drain & crumble. Preheat oven to 325° F. Meanwhile, separate eggs - in mixing bowl beat egg yolks with fork or rotary beater.

In large clean bowl, beat egg whites till frothy - add water - continue beating till stiff peaks form - gradually pour yolks over beaten egg whites, gently folding to combine.

In 10" ovenproof skillet, heat butter till a drop of water sizzles when dropped into skillet. Pour in egg mixture, mounding it slightly higher at sides - cook, uncovered, over low heat 8-10 minutes or till egg is puffed, set & golden brown on bottom. Immediately place skillet in oven - bake 8-10 minutes or till knife comes out clean from center. Loosen sides of omelet with metal spatula - invert omelet onto warm plate - sprinkle with cheese & then with avocado, tomato, sprouts & cooked bacon. Cut into wedges & dollop with sour cream - if desired, garnish with fresh tarragon.

Serves: 2

[per serving: calories: 488; protein: 27g; carbohydrates: 7g; total fat: 40g; saturated fat: 15g; cholesterol: 471mg; sodium: 576mg; potassium: 544mg]