

# Southwestern Omelet

Serves: 1-2

## Ingredients:

½ cup Red Peppers, diced  
½ cup Onion, diced  
1 jalapeno, seeded and diced  
¼ cup canned Black Beans, rinsed  
1 teaspoon garlic, minced  
1 handful Spinach  
2 Eggs  
½ teaspoon Cumin  
1 Tablespoon Water  
Salt & Pepper

## Equipment Needed:

Non-stick skillet with lid  
Knife  
Cutting board  
Baking spatula  
Collider  
Fork  
Bowl

## Directions:

Add peppers, onions, and jalapeno to a non-stick skillet. Sauté on medium with a pinch of salt until the onions are translucent.

Add black beans, garlic, and spinach to the pan with a pinch of salt and cook until the spinach has wilted.

*While the pan mixture is cooking....*

In a separate bowl combine eggs, cumin, and water and whisk with a fork until combined and smooth.

Make sure the pan mixture of beans and veggies is well distributed across the bottom of the pan in a single layer.

Pour the egg mixture over the veggie mixture into the pan. Do not stir or move the pan. Just let the eggs work their way through the veggies and beans and cook without interference.

When you see the eggs start to become set on top, pull the omelet off the heat and cover with the lid.

Let the omelet sit with the lid on for about 5 minutes. During this time, the steam in the pan will continue to cook the top of the eggs.

Remove the lid. Use a baking spatula to loosen the sides of the omelet. Slide the omelet out of the pan onto a plate. When the omelet is half way onto the plate, use the pan and spatula to fold the rest of the omelet (remaining in the pan) over the plate half of the omelet creating a half moon shape. Enjoy!



A Pound of Cure  
Dr. Matthew Weiner