

# 'KRAUT-STUFFED OMELET

Serves 1

**REMEMBER, BEST PRACTICE: READ THE RECIPE ALL THE WAY THROUGH BEFORE YOU START COOKING!**

Meet your new quickie weekday breakfast that feels just a bit more substantial than eggs scrambled or boiled. The extra caraway seeds are optional. They're there for amp'ing up the sauerkraut flavor profile. Fill the omelet with whatever you like— veg or herbs or a breakfast-y protein— because sauerkraut goes with... basically whatever you like.

**2 large eggs**

**Kosher salt and freshly ground black pepper**

**Small pat of butter**

**1/4 cup grated cheese, such as cheddar, swiss, or fontina (optional)**

**Desired fillings, such as sauteed spinach, mushrooms, or onions; bacon, ham, or prosciutto; and/or freshly chopped herbs, such as chives, parsley, basil, or dill**

**Big pinch caraway seeds, optional**

**1/4 cup packed sauerkraut (preferably raw), drained of all liquid**

**Fresh chopped herbs, for serving (optional)**

1. Crack eggs into a bowl and add 2 small pinches of salt. Whisk vigorously until the mixture is completely homogenous in color and no unincorporated bits of white or yolk remain.
2. Heat an 8-inch nonstick skillet over medium-high heat for a full 30 seconds. Add a small pat of butter to the skillet— enough to give a light slick to the surface. To check for heat, drop a tiny dot of egg into the center. It should immediately set. If it doesn't, continue heating.
3. Scrape scrambled eggs into the skillet. Reduce heat to medium. Let set for about 10-15 seconds. With a rubber spatula, begin to stir slowly, scraping the sides and bottom of the pan to create loose, wet curds. Gently shake the pan to encourage the super loose, non-cooked parts of the egg to fill the empty spots of the skillet. Continue stirring until the eggs are beginning to set, but the top is still quite wet (you'll notice the runny eggs no longer fill the gaps when you stir), about 1 minute more.

Add cheese and any other optional fillings, if desired. Or keep it plain! Reduce heat to low and let continue to cook until cheese is melted and any additions are warmed through, 1 minute. Remove from heat.

Distribute the sauerkraut and caraway seeds (if using) over the top of the eggs and gently fold one side on top of the other. Use your spatula to slide the omelet onto a plate. For some shine and extra richness, spread a small nub of butter on top. Garnish with fresh herbs and black pepper, if desired, or leave unadorned. Eat while the eggs are hot and the 'kraut is cold!

**NOODLE**