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Americanisms



“He who has not Christmas in his heart will never find it under a tree.”

— Roy L. Smith

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Kitchen Diva

Omelets Are the Answer for Holiday Brunches

by ANGELA SHELF MEDEARIS

Christmas brunch is a holiday tradition at our house, and eggs are always the star of the show. Year after year, eggs have been my choice for a healthy and inexpensive way to feed a crowd. My Oven-Baked Omelet recipe is quick and easy to make, and is a crowd-pleaser for breakfast, brunch or a light supper.

This Oven-Baked Omelet recipe is a convenient, creative way to prepare and serve a buffet-style breakfast or brunch for a crowd. I love providing my guests with their choice of different types of pre-cooked meats, diced vegetables and a variety of cheeses to personalize their omelets. The savory tomato topping and the ingredient selections can be pre-cooked the day before, refrigerated and re-heated to save time.



Photo by Phil Curry

OVEN-BAKED OMELETS

The pre-cooked toppings for these oven-baked omelets can be set up buffet style and quickly re-heated in the microwave, using an electric skillet or on the stovetop in a saute pan.

Cooking oil spray, butter or vegetable oil for saute and baking pans

6 large Eggland's Best eggs, separated

1 teaspoon salt

1 teaspoon pepper

1 tablespoon grated onion

3 tablespoons flour

2 tablespoons Italian seasoning

1/2 cup each, pre-cooked meat and vegetable toppings*

Cheese for sprinkling or topping: Parmesan,

Cheddar, American, Gouda, Goat cheese, etc.

*andouille sausage, salmon, Canadian bacon, ham, pork sausage, pork or turkey bacon, black beans, mushrooms, baby spinach leaves, chopped green onions, diced zucchini, diced squash, chopped onions or bell peppers, sliced black olives, etc.

1. Heat oven to 350 F. Grease two 8-inch round cake pans with cooking oil spray, butter or vegetable oil. Place the pans in the oven to heat. In a large bowl, beat together egg whites and 3/4 teaspoons of the salt with an electric hand mixer until soft peaks form. Do not overbeat.

2. In another bowl, mix the egg yolks, remaining 1/4 teaspoon salt, pepper, grated onion, flour and Italian seasoning. Beat until the mixture is thick and thoroughly blended. Gently fold in the egg whites. Spread mixture in the hot cake pans. Bake for 15 minutes, or until a knife inserted in the center comes out clean.

3. Use a knife to loosen the omelets from the sides of the pans. Invert the layers, bottom-side down, onto serving plates. Cut the omelets into wedges. Cover the pieces with foil to keep them warm.

4. Have your guests select the pre-cooked meats and vegetables of their choice. Add 1/2 teaspoon oil to medium sauté pan and heat over medium-high heat. Add 2 to 3 tablespoons of the pre-made tomato topping per serving to the pan, and heat for 2 minutes over low heat. Add your guest's topping selections to the hot tomato topping and mix until warm, about 2 minutes. Spoon the topping mixture over the omelet slice. Sprinkle with cheese, if desired. Serve immediately with sliced fruit and hot biscuits or rolls. Serves 12.

NOTE: If using a microwave, mix 2 to 3 tablespoons of the tomato topping and your guest's pre-cooked topping choices together in a bowl. Micro-cook on high for 1 minute.

Tomato Topping:

2 tablespoons of olive oil

8 ounces cherry tomatoes, diced

1 tablespoon Italian seasoning

1 clove garlic, finely minced

1 teaspoon salt

1 teaspoon pepper

Using a medium pan over medium-high heat, heat the oil. Add cherry tomatoes, Italian seasoning, garlic, salt and pepper. Sauté for 5 to 8 minutes, until the tomatoes begin to soften.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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