

Edible Perspective

7.25.14

Pesto + Roasted Tomato Omelet gluten-free, dairy free // yields 2 servings

- 1 tablespoon ghee or olive oil
- handful of grape or cherry tomatoes, *halved*
- 4 eggs
- 2-3 tablespoons [pistachio pesto](#)
- salt + pepper

Melt about 1 teaspoon of ghee/oil in an 8-inch cast iron [or non-stick] pan over medium heat. Once hot, add the tomatoes to the pan and sprinkle with salt. Let cook for about 12-18 minutes, flipping every few minutes until the liquid has mostly cooked off and they look caramelized [refer photo 1]. Place tomatoes in a bowl.

Reduce heat to medium-low and let the pan cool down for a few minutes. Add in remaining ghee/oil. Whisk the eggs briskly for about 30 seconds. Pour eggs into the pan and swirl around to evenly distribute. It should sizzle a bit but not go crazy. You want the eggs to cook slowly. Let the eggs cook without stirring for about 2 minutes until the edges and bottom start to set.

Once the omelet starts to set gently lift up the edges with a spatula and tilt the pan towards that edge to help some of the uncooked egg run beneath. Place a cover over the pan and reduce heat slightly. Let cook until the top is slightly underdone [not runny but with a bit of shine to it]. About 2-4 minutes. Dollop the pesto on one half of the omelet and sprinkle the same half with roasted tomatoes.

Loosen the edges of the side with no toppings and carefully fold it over to cover the toppings. This should be very easy if your pan was greased well. Let cook 1 more minute then slice in half and serve immediately. Top with salt + pepper as desired.