

BREAKFAST FOR DINNER: "CREAM CHEESE" OMELETTES W/ BALSAMIC GREENS

| *makes 2 omelettes* |

- 1 tablespoon extra virgin olive oil
- 1/2 tablespoon good-quality aged balsamic vinegar
- 1 cup spring greens, arugula, or spinach
- salt & fresh ground pepper
- olive oil, ghee, or grass-fed butter, for cooking
- 4 pasture-raised organic eggs
- 1/4 cup vegan cream cheese (my favorite is [kite hill](#))
- 1 cup spring greens, arugula, or spinach
- 1/2 ripe avocado
- 1/4 cup microgreens
- chopped chives and chive flowers, for garnish

METHOD

1. toss the greens with the olive oil, and vinegar; season with salt and pepper, and toss once more. set aside.
2. heat an 8 or 10" skillet over medium heat. once the pan is hot add enough olive oil to lightly coat the bottom of the pan (or add a knob of ghee or grass-fed butter). whisk together the eggs, and season with salt and pepper. add half the egg mixture to the pan and turn the heat to medium-low, cook until the top of the eggs is a bit sturdy, about 3-4 minutes. then, in one motion, flip the egg with a large rubber spatula, to cook the bottom. cook for about 1-2 minutes, then transfer the omelette to a plate. repeat with the remaining eggs.
3. cover half of the omelettes with 2 tablespoons of "cream cheese", then split the greens and avocado between both omelettes. top with microgreens, chopped chives, chive flowers, and bit more cracked pepper. eat warm :)