

Egg and Seaweed Omelet

Featuring Nori

Nori, a dried red seaweed most popularly enjoyed with sushi, is a versatile, nutrient-rich sea vegetable with a savory flavor thanks to its umami properties. Nori can elevate many common dishes, like omelets, adding dimension in taste and nutritional value.

Ingredients:

- 4 large eggs
- 1/2 tablespoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/2 tablespoon avocado oil (or other neutral flavored cooking oil)
- 1/4 cup dried, sliced (1/4-inch) nori seaweed
- 2 stalks scallions (or green onions), thinly sliced, separate white and green parts
- 1 medium avocado, peeled, sliced (optional)

Instructions:

- 1 Crack eggs into a bowl and lightly beat.
- 2 Whisk soy sauce and sesame oil into egg mixture.
- 3 In a medium nonstick pan, heat avocado oil over medium heat.
- 4 Reduce heat to low and pour egg mixture into the pan.
- 5 As outer edges of eggs begin to set, use a spatula to lift the edges so yolk can run underneath.
- 6 Once eggs are almost fully set, evenly distribute nori and white parts of scallions over the omelet.
- 7 Gently fold the omelet into thirds (like a trifold brochure) and flip the omelet so the folds are face down. Use a spatula to divide the omelet in half to create two omelets. Allow omelets to cook for approximately 1-3 minutes, or to preferred degree of doneness.
- 8 May serve on its own (or with toast or cooked rice) topped with nori strips, green parts of scallions and avocado slices, if using.

Makes 2 servings

Prep Time: 5 min.

Cooking Time: 10 min.

Total Time: 15 min.

Recipe Author

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Notes:

- 1 To further reduce sodium, swap light soy sauce for coconut aminos sauce.
- 2 To make this recipe gluten-free, use tamari sauce instead of soy sauce.
- 3 Enjoy this recipe for breakfast, lunch, or dinner as an individual main dish or family-style entree.

Nutritional information (per serving):

225 calories, 18 g total fat, 4 g saturated fat, 280 mg sodium, 3 g carbohydrate, 369 mg cholesterol, 2 g total sugar, 1 g fiber, 14 g protein