

Feta and Pea Tendrils Omelette

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| 4 large eggs | 2 tbsp. cooked peas
(blanched 1 minute if
fresh; thawed if frozen) |
| Extra-virgin olive oil,
for drizzling | ½ avocado, diced |
| ⅓ c. pea tendrils,
lightly torn | Pinch of red
pepper flakes |
| 2 tbsp. crumbled
feta cheese | Sea salt and freshly
ground black pepper |



SERVES 2

Recipe excerpted from *The Love & Lemons Cookbook: An Apple-to-Zucchini Celebration of Impromptu Cooking* by arrangement with Avery Books (Jeanine Donofrio, 2016).

(Fold along the line)

1. In a medium bowl, whisk the eggs together with a pinch of salt.
2. In a small skillet, heat a drizzle of olive oil over medium heat. Pour half of the eggs into the skillet, and use a rubber spatula to gently push the cooked portion of the eggs toward the center. Lift and tilt the pan gently to swirl the eggs so they cook in an even layer.
3. Once the center is no longer runny, add half of each filling ingredient: pea tendrils, feta cheese, peas, avocado, and a pinch of red pepper flakes. Using a spatula, carefully fold the omelette in half, and transfer to a plate. Season with salt and pepper.
4. Repeat, making a second omelette with the remaining ingredients.

NOTE: Delicate pea tendrils, also known as pea shoots, aren't usually found at a grocery store. Look for them at your farmers market at the beginning of spring.