

# Omelet with Feta and Fresh Tomatoes

Recipe By *Estee Kafra*



Cooking and Prep:  30  
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Serves:  2

Contains: 

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Low Carb

Source: Family Table by  
Mishpacha Magazine

This flavor combination is outstanding. Here I've written to use crushed garlic, but I've also used roasted or sautéed garlic with much success.

## Ingredients (7)

### Main ingredients

- 1/4 cup crumbled or grated feta cheese
- 2 tablespoons green onion or chives, finely chopped
- 2 plum tomatoes
- 1 clove garlic, crushed or 1 cube **Gefen Frozen Garlic**
- 4-5 basil leaves

3-4 eggs

2 tablespoons water

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## Start Cooking

### Prepare Omelet

1. Crack eggs into a bowl. Add water and beat vigorously.
2. Meanwhile, preheat a greased skillet (I prefer a smaller size, like 7 or 8 inches) and pour in the mixture.
3. As soon as the eggs set at the bottom, add the feta cheese and onion, sprinkling evenly.
4. Cover the pan with a pot lid larger than the pan circumference and let cook for three to four minutes, until eggs are almost set.
5. Meanwhile, slice the tomatoes in half and grate over a bowl with a box grater on the largest hole. Grate the cut side of the tomato down until the skin. Discard (or eat) the skin.
6. Add the minced garlic to the tomato.
7. Uncover the eggs and place the grated tomatoes in a line down the center, and top with basil leaves.
8. Fold egg in half over the tomato-basil filling. Serve immediately.