

Parsley Omelet with Smoked Salmon

- 1 1/2 c chopped parsley
- 1/2 c chopped scallion
- 2 cloves garlic, crushed
- 6 large eggs, beaten together
- olive oil (or butter)
- sea salt
- freshly ground black pepper
- 4 oz smoked salmon, as garnish

Mix parsley, scallions, garlic, salt and pepper. Add eggs, blending everything together. Heat butter in a skillet. Cook 2 tablespoon-sized omelet cakes, 2-3 inches large, flipping as edges golden. Add butter as required. Serve warm or room temperature. Garnish with smoked salmon slices. May also be made as 1 large omelet. Serves 4.