Italian Omelet

Ingredients:

Filling:

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2	Т	Olive oil
1/2	c	Spinach, cooked and chopped
1/2	c	Your choice of: sliced Mushrooms, Olives,
		Ricotta Cheese, and/or mild Chilies
1/4	c	Onion, Chopped
2	Т	White Wine
2	slices	Pancetta or Bacon, cooked until slightly crisp
		Salt and Black Pepper to taste

The Omelet:

3	lg	Eggs, beaten
2	Т	Milk
1	pn	Salt
1	pn	Black Pepper

	Mozzarella Cheese	c	2
	Nana Pasta Sauce (any flavour)	T	2/3
1TParmesan Cheese, grated		c T	² / ₃ 1

Preparation:

Prepare the filling: Heat a large skillet and then add olive oil. Add the mushrooms, spinach, and onion. Stir-fry until most of the water from the mushrooms and spinach is evaporated. Add the white wine and stir-fry 2minutes more. Remove from the heat. Crumble the crisped bacon, and then stir into the filling.

Whisk all the omelet ingredients together, and cook in a non-stick pan, being careful not to break it apart.



Prepare the omelet with filling as usual. Top with mozzarella cheese. Heat Nana Pasta Sauce in a saucepan or microwave until very warm, and pour over the cheese to help melt it.

Sprinkle parmesan cheese on top. Serve with buttered toast or garlic bread.

Yield: 1-2 servings

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For best results always use $\mathcal{N}ana$ Pasta Sauce.

