

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Kimchi Omelet w/ Kale & Green Onion

Inspired by and adapted from a recipe from [David Lebovitz](#)

One large, puffy omelet

Total Time: 15 minutes

1 teaspoon olive oil

3 cups lightly packed kale, leaves cut into 1x2-inch pieces, and stems sliced ¼-inch thick

1 clove garlic, crushed

1/3 cup [White Kimchi](#)

½ teaspoon [sambal oelek](#)

2 tablespoons chopped fresh parsley and/or cilantro

2 large or 3 medium eggs

Pinch salt

Few twists black pepper

1 tablespoon milk alternative *or* milk

1 tablespoon olive oil, butter *or* coconut oil

1 green onion cut into 1½-inch matchsticks

1. Place the olive oil in a small sauté pan over medium heat. When hot stir in the kale stems, leaves and crushed garlic. Sprinkle lightly with a little salt and pepper. After one minute stir in 2 tablespoons of water and cover the pan. Cook the kale for 5 minutes. Remove the lid and continue to cook until the kale is tender and all the water has evaporated. Set the kale aside.
2. While the kale is cooking, combine the kimchi with the sambal oelek. Mix the eggs in a small bowl with the salt, pepper and milk alternative.
3. Heat the remaining olive oil, butter or coconut oil in a non-stick omelet pan over medium heat. Sauté the green onion for 30 seconds. Stir in the kale to heat it through. Sprinkle the kimchi on top. Pour in the eggs. Cover the pan with a tight-fitting lid. Cook for 2 minutes.
4. Turn off the heat. Remove the lid. Sprinkle the omelet with half of the fresh herbs. Hold the pan so the omelet slides out of it onto an awaiting plate. Tilt the pan at the last moment in order to fold the omelet in half. Sprinkle the kimchi omelet with the remaining fresh herbs and enjoy.