

Mom's Oven Omelet

8 oz bulk breakfast sausage
4-6 eggs
4-6 spears asparagus
3-5 green onions
1 small Yukon gold potato
¼ of green and red pepper
Milk
Salt and Pepper
Liquid Smoke
Worcestershire Sauce

Preheat oven to 350 degrees.

Spray a skillet with Pam to prevent sticking. Brown sausage in the skillet over med heat. When browned and cooked through, drain on paper towels.

While meat is browning, cut up your asparagus, green onion, pepper quarters and potato into small pieces. Put your veggies in the same pan you browned the meat in. You will not need any additional oil or butter. Stir-fry the veggies till tender crisp.

While veggies are stir frying, mix up your eggs with a bit of milk, a shake or two of liquid smoke & Worcestershire sauce and salt and pepper.

When you assemble your Omelet, you can either use the skillet (if it's oven proof) or a pie plate. If using a pie plate, spray it with Pam. Layer sausage and veggies then pour eggs over all. Place in oven and bake for 25-30 minutes. It's done when the middle of the omelet is no longer jiggly. Take out of oven, sprinkle on some shredded cheese of your choice and some diced fresh parsley. Let sit 5-10 minutes and serve! Garnish with salsa and sour cream if desired. This is an excellent meal and quite filling.

You can use any sort of veggies in this Omelet. I just use what I have on hand. Fresh mushrooms are very good in this also.

Contributed by: Susie Devries