

# CRAB OMELET



PREP TIME  
15 minutes

COOK TIME  
15 minutes

READY IN  
30 minutes



SERVINGS  
4

## FOREST INGREDIENTS

Dungeness Crab  
Beach Greens  
Lovage

## Ingredients

5 eggs  
1 Tbsp water  
Olive oil spray  
¾ cup crab meat  
3 springs lovage  
¼ cup beach greens  
¼ cup shredded cheese, cheddar or gouda  
Salt to taste  
Hot sauce

## Steps

- Clean crab meat and set aside.
- In a bowl crack and whisk up 5 eggs with 1 tablespoon cold water.
- Roughly chop lovage and beach greens.
- In a medium frying pan over medium high heat, spray with olive oil and add the whisked eggs.
- Evenly spread the crab meat, beach greens and cheese over the eggs. Cook about 4 minutes, or until the eggs are mostly cooked through. When the omelet mixture is mostly cooked through, fold in half with a spatula and finish cooking. The omelet will be ready when the cheese is oozy and the eggs are no longer runny.
- Serve hot, salt and hot sauce to taste.

## Notes

Because of the peppery notes in the wild beach greens I did not pepper the omelet. As a reminder, always make sure to properly identify any wild plants foraged for the use in recipes.



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