



20 min

CAULIFLOWER AND FETA OMELET

SERVES 2

ACTIVE TIME: 20 MIN START TO FINISH: 30 MIN

Little bites of cauliflower add wonderful texture to this open-face omelet; salty-tangy feta gives it character.

- 5 large eggs
- 2½ tablespoons extra-virgin olive oil
- ½ medium head cauliflower, cut into 1-inch-wide florets (3 cups)
- 1 garlic clove, minced
- ½ cup crumbled feta (2 oz)
- ¼ cup packed flat-leaf parsley leaves

► Beat eggs with ¼ teaspoon salt.
► Heat oil in a 10-inch heavy nonstick skillet over medium-high heat until it shimmers, then sauté cauliflower until browned and tender, 5 to 9 minutes. Reduce heat to medium, then add garlic, ¼ teaspoon salt, and ⅛ teaspoon pepper and sauté 1 minute.

► Pour eggs over cauliflower. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omelet, until almost set, 4 to 5 minutes. Slide out onto a large plate. Put skillet over omelet and, using pot holders, firmly hold plate and skillet together, then invert omelet back into skillet and cook 1 to 2 minutes. Slide out onto plate and sprinkle with feta and parsley.

LAMB CHOPS WITH SUN-DRIED TOMATO BUTTER

SERVES 4

ACTIVE TIME: 15 MIN START TO FINISH: 25 MIN

We found ourselves craving this sun-dried tomato butter, not just spreading it on lamb chops but also tossing it with orzo and smearing it onto slices of toast.

- 1 garlic clove
- ¼ cup chopped sun-dried tomatoes packed in oil, drained

- ½ cup walnuts
- ¼ teaspoon ground coriander
- ¼ teaspoon cayenne
- 1 tablespoon chopped flat-leaf parsley
- ½ stick unsalted butter
- ½ teaspoon fresh lemon juice
- 8 rib lamb chops (¾ inch thick; 2 lb)

GARNISH: lemon wedges

► Mince and mash garlic to a paste with ¼ teaspoon salt. Transfer paste to a food processor and pulse with sun-dried tomatoes, walnuts, coriander, cayenne, parsley, and ⅛ teaspoon black pepper until finely chopped. Blend in butter and lemon juice, then season with salt.
► Preheat broiler. Lightly oil rack of a broiler pan. ► Pat lamb chops dry and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper (total), then broil on rack of broiler pan 4 to 5 inches from heat, turning once, 6 to 7 minutes total for medium-rare. Spread tomato butter over chops.

For more EVERY DAY recipes, see page 54.