

OMELET WITH COTTAGE CHEESE & BASIL

SERVES 4

Ingredients:

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- $\frac{1}{2}$ cup cottage cheese
- 12 cherry tomatoes



Instructions:

1. Beat the eggs with the water and season with salt and pepper.
2. Heat $\frac{1}{4}$ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.
3. Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.
4. Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.