

Fennel Crab Omelet

Serves 2

Many folks in the Pacific Northwest look forward to crabbing season every summer. Such a great way to relax, get out on the water and entertain after the harvest. Fennel is a perfect accompaniment for crab and seafood, enhancing the flavor without overpowering.

- 1 cup cooked crab meat
- 1/3 cup fennel fronds &/or minced fennel bulb (the bulb has stronger flavor)
- 1/2 c. sweet onion w/greens
- 1/2 c. shredded pepper jack cheese
- 4 eggs, beat w/tsp water
- Salt & pepper to taste, optional

Sauté fennel and onion in olive oil until tender. Set aside.

For each omelet: Heat oiled omelet pan on stove over medium high heat. Pour half of the beaten egg mixture into hot pan. As egg sets, tip pan and lift edges to allow uncooked portion to flow underneath. When egg is set, add half the crab, fennel/onion mixture and cheese. Fold omelet over. Slide off onto plate and place in warm oven to keep warm while cooking second omelet.

