

# Ginger Fruit Omelet

Servings: 2

1 can (8.75 oz) sliced peaches OR	¼ C crumbled gingersnaps (about 5)
1 C sliced fresh peaches	2 ½ tsp butter, divided
1/8 tsp Ginger	4 eggs separated
1 TBS brown sugar	½ tsp cream of tartar
	¼ C reserved juice or water

- Preheat oven to 375
- Drain peaches, reserving ¼ C juice (or substitute water).
- In small saucepan, toss together peaches, brown sugar & ginger.
- Cook over low heat, stirring occasionally, until warmed through.
- Cover & keep warm.
  
- In small bowl, stir together gingersnaps & 1 ½ tsp butter. Set aside.
  
- In large mixing bowl at high speed, beat egg whites with ¼ C reserved juice or water & cream of tartar until stiff but not dry – just until whites no longer slip when bowl is tilted.
  
- In small mixing bowl at high speed, beat egg yolks until thick & lemon-colored.
- Gentle, but thoroughly, fold yolks into whites.
  
- In 10" omelet pan over medium-high heat, melt remaining 1 tsp butter until just hot enough to sizzle a drop of water.
- Pour in egg mixture & gently smooth surface.
- Reduce heat to medium & cook until puffed & lightly browned on bottom, about 5 minutes (Lift omelet at edge to judge color.)
- Bake until knife inserted halfway between center & outer edge comes out clean – about 10-12 minutes. Loosen edges with spatula.
- With sharp knife, cut upper surface down center of omelet, but **DONOT** cut through to bottom.
- Fill with peaches & sprinkle with gingersnaps.
- Tip skillet & with pancake turner, fold omelet in half & invert onto warmed plate with a quick flip of the wrist. Cut in half or wedges & serve immediately.