

Dandelion Flower Omelette



Bees love dandelions, and with good reason. Every part of the dandelion wild edible is... well... edible. The leaves, the flowers, the stems, the roots. Raw or cooked, dandelion greens are as nutritious as spinach and kale. In fact, many of us have likely tried young dandelion leaves in a green salad, but here is a recipe — from Latvia — that uses the flowers as well as the leaves.



Serves 2

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

1 tablespoon olive oil

6 eggs, beaten

$\frac{3}{4}$ cup heavy cream

handful of young dandelion leaves, chopped

salt and pepper to taste

$\frac{1}{2}$ cup grated cheddar

handful of dandelion flowers

cherry tomatoes and parsley to garnish, as desired

Directions

In a cast iron skillet, heat oil over medium heat. Meanwhile, beat together eggs, cream, dandelion leaves, salt, and pepper.

Pour egg mixture onto the hot pan. When the eggs begin to firm up, add grated cheese and dandelion flowers. Continue to cook, folding gently until the eggs are cooked through.

Garnish with cherry tomatoes and parsley.